



- The P.E Spot -

P.E Lesson: “Shoe Clash”

Objective: Students will be able to kick a shoe accurately into 3 stationary targets.

Skills Developed:

- Strategy
- Kicking
- Accuracy

Materials:

- Bucket/basket
- Hula hoop/chalk
- Blanket/sheet
- Pair of shoes

Directions:

1. Students will focus on kicking a shoe to a designated area.
2. Students will need to use both their dominant/non-dominant foot to kick the shoe.
3. Students will need to develop a strategy to kick the shoe and try to land it in their intended target.
4. The blanket is the biggest target, the hula hoops is the middle target, and the bucket is the smallest target.
5. Here is the point value for this activity:
Blanket-1 point
Hula Hoop- 2 points
Bucket- 3 points

Gameplay Levels:

Level 1:

Student(s) will kick both of their shoes using their dominant foot.

Level 2:

Student(s) will kick both of their shoes using non-dominant foot

Level 3:

Student(s) will kick their shoes off using their dominant and non-dominant foot.

YouTube Video of the lesson:

https://youtu.be/ytX_n6G_ZU8

"At The PE Spot, the fun never stops"- Mr. Garcia

Until next time,

Take care!



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