



- The P.E Spot -

P.E Lesson: “Sock-er”

Objective: Students will be able to use multiple techniques to shoot a sock ball to a stationary target.

Skills Developed:

- Shooting
- Foot Striking
- Accuracy

Materials:

- Boxes
- Sock Ball
- Tape

Directions:

1. Students will focus on striking an object using their foot.
2. Students will focus on using their inside of their foot to strike a sock ball into a stationary target.
3. Students will participate in 3 different levels:
Level 1: Students will shoot from 5-8 feet away directly in front of the goal.
Level 2: Students will shoot from 8 feet away such as free kicks and corner kicks.
Level 3: Students will shoot from 8 feet away with a goalie defending 2 stationary boxes.
4. Students will continue to repeat this process.

YouTube Video of Lesson:

<https://youtu.be/GSa5-vcQFMk>

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

Until next time,

Take care!



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