



- The P.E Spot -

P.E Lesson: “Ole Ole Ole”

Objective: Students will be able to demonstrate foot striking skills and accuracy into a target in a fun diy pe game.

Skills Developed:

- Foot Striking
- Accuracy
- Strategy

Materials:

- Balloon
- Basket

Directions:

1. Students will focus on their foot striking and accuracy into a target. Students are only allowed to use their feet, body, and head.
2. Students will need to compete in 3 different levels.
3. Each level will last 1 minute.
4. In level 1 students will use only their feet, body, and head to land the balloon in a basket as many times as possible in 1 minute.
5. In level 2 students will only be allowed to use their non-dominant foot to land the balloon in a basket as many times as possible in 1 minute.
6. In level 3 students will only be allowed to use their heads to land the balloon in a basket as many times as possible in 1 minute.
7. This process will continue.

YouTube Video of Lesson:

https://youtu.be/Lh2_GRDrulM

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

Until next time,

Take care!



- The PE Spot -