



- The P.E Spot -

P.E Lesson

“Sorry”

Objective: Students will be able to underhand toss an object while using correct form at a target.

Skills Developed:

- Hand eye coordination
- Accuracy
- Underhand tossing

Materials:

- Plates
- Sockball
- Bucket/Basket

Directions:

Individual

1. Students will focus on underhand tossing a sock ball to a target..
2. Students will need to toss the sock ball to 5 different targets.
3. Students will need to toss the sock ball to the plates in the order closest to furthest, with the last target being the bucket.
4. Students may not toss to a level higher until they get the lower levels first.
5. Students must complete level 1(plate 1), then level 2, level 3, level 4, and then level 5 (the bucket).

Students can time themselves and try and complete the levels the fastest.

Partner

1. Students will face off on various challenges (levels) against an opponent.
2. Students will focus on underhand tossing a sock ball to a target..
3. Students will need to toss the sock ball to 5 different targets.

4. Students will need to toss the sock ball to the plates in the order closest to furthest, with the last target being the bucket.
5. Students may not toss to a level higher until they get the lower levels first.
6. Students must complete level 1(plate 1), then level 2, level 3, level 4, and then level 5 (the bucket).
7. The student that completes this task will win the game.

Variations:

Reverse Sorry- Students will toss in the bucket and go from level 5- level 1.

Mismatch Sorry- Students will toss at any plate, and the bucket will be the last level.

YouTube Video of Lesson: https://youtu.be/nNxJM2YA_j0

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

Until next time,

Take care!



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