



- The PE Spot -

## P.E Lesson “At the Buzzer”

### **Objective:**

Students will be able to strike an object with an implement with a focus on accuracy.

### **Materials:**

- Paper Plate
- Spatula
- Ball (tape ball/sock ball/bean bag)

### **Directions:**

1. Students will need to create a paddle using household items. (spatula, tape, and paper plate)
2. Student will use a target (laundry basket, bucket, bowl)
3. The student will strike a sock ball, tape ball, or ball using the homemade paddle.
4. The goal is for students to be able to strike the object into the target as many times as possible.
5. Students will repeat this process for practice.
6. If students want to challenge themselves they can try to make as many shots as possible in 1-minute.

**YouTube Video of Lesson:** <https://youtu.be/DD3RsIHtkWQ>

*“At The PE Spot, the fun never stops”*- Mr. Garcia

Until next time,

Take care!

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