



- The P.E Spot -

P.E Lesson: “Puzzle Dash”

Objective: Students will be able to increase their cardiovascular endurance while participating in a fun and enjoyable activity.

Skills Developed:

- Cardiovascular endurance
- Logic
- Strategy

Materials:

- Puzzle
- Cone
- Tape (optional)

Directions:

1. Students will focus on their cardiovascular endurance in this enjoyable activity.
2. Students will start behind a starting line (tape) and start a timer. Once they start the time students must run and collect puzzle pieces from a cone.
3. Students are only allowed to grab one puzzle piece per run.
4. This process will continue until all pieces are collected.
5. Once all puzzle pieces are collected students will need to put the puzzle together.
*recommendation for younger kids is 12 pieces and older 18-24.
6. The team that collects the pieces, and puts the puzzle together the fastest will win. Or the team with the lowest time to collect and put together will win.

YouTube Video of Lesson:

<https://youtu.be/i6jHxd-TKbQ>

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

Until next time,

Take care!



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