



- The P.E Spot -

P.E Lesson: “Shadow-Jousting”

Objective: Students will be able to develop an offensive/defensive strategy in a fun socially distant activity.

Skills Developed:

- Cardiovascular endurance
- Agility
- Offensive/Defensive strategy

Materials:

- Pool Noodle
- Hula Hoops/Rings/Chalk

Directions:

1. Students will have 2 different roles.

Offensive Player

1. One student will be the offensive player in which they will need to line up 5-8 feet away from the target area.
2. The offensive player needs to run and tap both feet in one of the circles.
3. If the offensive player is able to tap both feet in the circle target they will receive 2 points.
4. The offensive player must run back to the starting line and repeat the process.
5. The offensive player will have 1-minute to score as many points as possible.

Defensive Player

1. The defensive player must stay in a designated box and will use a pool noodle.
2. The defensive player will need to use a pool noodle to tag the offensive player's shadow.

3. If they tag the shadow before the offensive player gets both feet in the circle no points will be rewarded.
4. If they tag the shadow after the offensive player gets both feet in it does not count.
5. This process will repeat for 1 minute.

YouTube Video of Lesson:

<https://youtu.be/4D71UHRTBlc>

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

Until next time,

Take care!



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