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P.E Lesson “Hat Trick”

Objective: Students will be able develop a strategy to accurately kick a hat off their foot and make it land on an intended target.

Skills Developed:

- Strategy
- Accuracy
- Kicking

Materials:

- Hat

Directions:

Individual

1. Students will need to place the hat on one of their feet.
2. Students will need to kick the hat in the air.
3. Students will need to try and land the hat on top of their head.
4. Students will repeat this process.

Challenge:

How many times can you land the hat on your head in 1-minute.

Hat Trick with a partner

1. A Student will need to place the hat on one of their feet.
2. A Student will need to kick the hat in the air.
3. The student that is kicking the hat will need to try and make it land on their partners head.
4. Their partner goal is to move around and try to make the hat land on their head.
5. After 1-minute the partners will switch roles.
6. This process will continue.

YouTube Video:

<https://youtu.be/bTdzguHHpd0>

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

Until next time,
Take care!



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