



- The PE Spot -

P.E Lesson: “Extreme Water Bottle Challenge 2.0”

Objective: Students will increase their hearts rates while participating in a fun and enjoyable physical activity.

Skills Developed:

- Tossing
- Accuracy
- Strategy
- Cardiovascular Endurance

Materials:

- Water bottles
- Basket
- Box
- Frisbee
- Bucket

Directions:

Level1:

1. Students will focus on their tossing, accuracy, strategy, and cardiovascular endurance skill for this lesson.
2. Students will need to flip a bottle and land it on a Frisbee, box, laundry basket, and a bucket.
3. Students will need to complete 3 criss crosses (legs) to earn two bottle flips.

4. If the student successfully lands the water bottle on the 1st level they will move to the next item.
5. This process will continue until the student lands the bottle on all items.
6. The student that completes this process the fastest will win the round.

Level 2:

1. Students will focus on their tossing, accuracy, strategy, and cardiovascular endurance skill for this lesson.
2. Students will need to flip a bottle and land it on a Frisbee, box, laundry basket, and a bucket.
3. Students will need to complete 3 criss crosses (legs) to earn two bottle flips.
4. If the student successfully lands the water bottle on the 1st level they will move to the next item.
5. This process will continue until the student lands the bottle on all items.
6. In this round students will need to start and finish at the first item.
(example: Frisbee, box, Laundry basket, and bucket- **reverse**
(bucket, laundry basket, box, frisbee)
7. The student that completes this process the fastest will win the round.

Challenge:

- Students will have 1 minute to try and land the bottle on the smallest surface item.
- Students will still need to do 3 criss crosses in order to earn their 2 bottle flips.
- The student that lands the most bottles will win the round.

YouTube Video of Lesson:

<https://www.youtube.com/watch?v=jUMotiZPakI>

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

Until next time,
Take care!

