



P.E Lesson “Hot Shots”

Objective: Students will be able develop a strategy to strike an object accurately to an intended target.

Skills Developed:

- Striking
- Accuracy
- Strategy

Materials:

Hula Hoop
Stick
Clamp
Cone
Racket/paddle
Ball

Directions:

Level 1:

1. Students will be able to strike an object to an intended target.
2. Students will strike a ball with a racket/paddle and try to hit the ball into a hula hoop.
3. The student will have options to score points depending on the distance they strike the ball from.
4. If the student hits the ball from 5 feet away they will receive 1-point. If the student hits the ball from 8 feet away they will receive 3-points.
5. The student will have 1-minute to score as many points as possible.

Level 2:

1. Students will be able to strike an object to an intended target.
2. Students will strike a ball with a racket/paddle and try to hit the ball into a hula hoop.
3. Students in this level will need to hit the ball into the hula hoop, while trying to keep the ball from hitting the ground.
4. The students will earn 1 point each time they hit the ball into the hula hoop.
5. If the ball hits the floor the students must start over back at 0.
6. The goal is to get the most consecutive points in 1-minute.

YouTube Video:

<https://youtu.be/VFUdu1M2avQ>

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

Until next time,
Take care!

