



P.E Lesson “The Strikeout”

Objective: Students will be able develop a strategy to throw, kick, roll an object to a designated target.

Skills Developed:

- Throwing
- Kicking
- Rolling
- Accuracy
- Strategy

Materials:

Paper Plate
Water bottle
Ball

Directions:

Level 1:

1. Students will be able to throw an object to a designated area.
2. Students will throw an object overhand and knockdown a stationary target.
3. Students will throw the object, knock down a plate and then kick the object and make it land on top of the plate.
4. The goal is to complete this task as quickly as possible or finish first.

Level 2:

1. Students will be able to throw an object to a designated area.
2. Students will throw an object overhand and knockdown a stationary target.
3. Students will throw the object, knock down a plate and then roll the object and make it land on top of the plate.
4. The goal is to complete this task as quickly as possible or finish first.

Level 3:

1. Students will be able to throw an object to a designated area.
2. Students will throw an object overhand and knockdown a stationary target.
3. Students will throw the object, knock down a plate and then throw the object and try to strike down the water bottle and make it land on the plate.
4. The goal is to complete this task as quickly as possible or finish first.

Level 4:

1. Students will be able to throw an object to a designated area.
2. Students will throw an object overhand and knockdown a stationary target.
3. Students will throw the object, knock down a plate and then throw the object and try to strike down the water bottle and make it land on the plate.
4. Students will then flip the plate, and place the water bottle on top of the plate.
5. The goal is to complete this task as quickly as possible or finish first.

YouTube Video:

<https://youtu.be/-aqe-3gLeMU>

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

Until next time,
Take care!



