



- The PE Spot -

P.E Lesson “Lucky Strike”

Objective: Students will be able to create a strategy to kick an object and strike down a stationary object.

Skills Developed:

- Kicking
- Accuracy
- Strategy

Materials:

- Sock Ball
- Cone
- Bucket
- Water bottle (Small & Gallon)
- Tape

Directions:

- Students will participate in a fun DIY PE Game Lucky Strike.
- Students will need to kick a sock ball using proper form and technique.
- Students must successfully kick a sock ball off their foot and strike down an object.

Level 1:

- Students will participate in a 1 minute challenge.
- Students will need to kick a sock ball off the top of their foot.
- Students will kick a sock ball off of their foot and strike down a gallon water bottle off a bucket.
- If the student successfully knocks down the bottle they will need to place it back on the base and run to the opposite side.
- Students will earn 2 points for each successful attempt.
- If the student is not successful they will need to retrieve their sock ball and run to the opposite side and try again.

- This process will repeat until the 1 minute ends.

Level 2:

- Students will participate in a 1 minute challenge.
- Students will need to kick a sock ball off the top of their foot.
- Students will kick a sock ball off of their foot and strike down a 16.9 water bottle off a bucket.
- If the student successfully knocks down the bottle they will need to place it back on the base and run to the opposite side.
- Students will earn 2 points for each successful attempt.
- If the student is not successful they will need to retrieve their sock ball and run to the opposite side and try again.
- This process will repeat until the 1 minute ends.

Level 3:

- Students will participate in a 1 minute challenge.
- Students will need to kick a sock ball off the top of their foot.
- Students will kick a sock ball off of their foot and try to land the sock ball inside of a station bucket.
- If the student successfully lands the sock ball in the bucket they will need to retrieve it and run to the opposite side and continue to try and score.
- Students will earn 2 points for each successful attempt.
- If the student is not successful they will need to retrieve their sock ball and run to the opposite side and try again.
- This process will repeat until the 1 minute ends.

YouTube Video of Lesson: <https://youtu.be/8kLN79hJqk>

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

Until next time,
Take care!

