



- The P.E Spot -

P.E Lesson: “Ring Catcher”

Objective: Students will be able to develop a strategy to throw (frisbee) and catch to a stationary & moving target.

Skills Developed:

- Hand eye coordination
- Throwing
- Catching
- Strategy

Materials:

- Paper plates
- Tape
- String
- Pool noodle/paper towel roll/toilet paper roll

Directions:

1. In this fun DIY pe game students will focus on their throwing, catching, hand eye coordination, and offensive/defensive strategy.
2. Students will need to throw a paper plate and catch it around a stationary/non stationary target.

Level 1:

1. Students will need to be 6 feet away from one another.
2. One student will be the thrower and the other will be the catcher.
3. The thrower will get 5 turns to try and land the paper plate ring around the catcher's paper plate mitt.
4. The thrower's job is to get the ring to land around the pool noodle on the paper plate mitt.

5. The catcher's job is to move their hands around and try to catch the paper plate ring.
6. If the thrower can get the catcher to land the ring around the noodle of the mitt the team will score 2 points.
7. If the catcher is able to maintain holding the plate the whole 5 turns without dropping the plate a bonus 3 points will be awarded.

Level 2:

1. Students will need to be 6 feet away from one another.
2. One student will be the thrower and the other will be the catcher.
3. The thrower will get 5 turns to try and land the paper plate ring around the catcher's paper plate mitt.
4. The thrower's job is to get the ring to land around the pool noodle on the paper plate mitt.
5. The catcher's job is to move their hands around and try to catch the paper plate ring.
6. In this round the catcher has to leap side to side doing a skater movement while trying to catch the rings.
7. If the thrower can get the catcher to land the ring around the noodle of the mitt the team will score 2 points.
8. If the catcher is able to maintain holding the plate the whole 5 turns without dropping the plate a bonus 3 points will be awarded.

Level 3:

1. Students will need to be 6 feet away from one another.
2. One student will be the thrower and the other will be the catcher.
3. The thrower will get 5 turns to try and land the paper plate ring around the catcher's paper plate mitt.
4. The thrower's job is to get the ring to land around the pool noodle on the paper plate mitt.
5. The catcher's job is to move their hands around and try to catch the paper plate ring.
6. This round the catcher will have the paper plate mitt on top of their heads and try to catch the rings.
7. If the thrower can get the catcher to land the ring around the noodle of the mitt the team will score 5 points.

YouTube Video of Lesson:

https://youtu.be/EeTu0hZ6e_Y

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

Until next time,

Take care!



- The PE Spot -