



- The P.E Spot -

## P.E Lesson “Bank It In”

**Objective:** Students will be able to develop multiple strategies to shoot an object into multiple stationary targets.

**Skills Developed:**

- Shooting
- Accuracy
- Strategy

**Materials:**

- Water Bottles
- Tape
- Box/Wall
- Ping Pong ball/Bottle caps

**Directions:**

1. Students will focus on their shooting, accuracy, and strategy skills.
2. Students will need to create buckets from the bottom portion of water bottles.
3. Students will tape the water bottles to a box/or wall using blue painters tape.
4. Students will try to shoot a ping pong ball/bottle cap in the bottles.
5. Students will need to create a strategy to accurately make the bottle cap/ping pong ball inside the water bottle.
6. The teacher can make this a 1 minute challenge, a timed challenge, or give students an allotted amount of shots.

### YouTube Video of Lesson:

[https://youtu.be/Hv\\_7NbpX5h8](https://youtu.be/Hv_7NbpX5h8)

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

Until next time,  
Take care!



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