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P.E Lesson: “Batter Up”

Objective: Students will be able to strike an object using an implement, and accurately make an object land in a stationary target.

Skills Developed:

- Striking
- Accuracy
- Strategy

Materials:

- Ping pong ball/bottle cap/sock balls
- Basket
- Clipboard

Directions:

1. Students will focus on their striking, accuracy, and strategy skills.
2. Students will need to strike an object sock ball, ping pong ball, bottle cap, and try to make it land in a stationary target.
3. Students will have 1 minute to try and make it as many times as possible.
4. Students can have 2 options make it from 5 feet or 7 feet (depending on grade level)
5. This process will repeat.

YouTube Video of Lesson:

<https://youtu.be/TYOz4PHuwRE>

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

Until next time,
Take care!



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