

P.E Lesson

“Dunk Tank”

Objective: Students will be able to throw an object overhand using proper form into a stationary target.

Skills Developed:

- Strategy
- Accuracy
- Overhand throwing

Materials:

- Bucket
- Sock Balls
- Tape
- Water
- Chair

Directions:

1. Students will focus on the 4 proper steps for overhand throwing
 - Step with opposite foot
 - Bring arm up to ear
 - Point at your target
 - Release and follow through
2. Students will throw a ball 3 times to a stationary target(bucket).
3. If the student makes the object into the target they will get 1 point.
4. After the 3 attempts the student(s) will switch.
5. Once students have gone 3 times each, for each point scored the other student will get a bucket of water dumped on their heads.
(example: 2 Points = 2 buckets dumped on opponents head)
6. This process will continue.

YouTube Video: Will soon be posted

