



- The P.E Spot -

P.E Lesson

“Frogs in a Bucket”

Objective: Students will be able develop a strategy to toss an object underhand to a designated target at different distances.

Skills Developed:

- Strategy
- Accuracy
- Tossing

Materials:

- Paper plates
- Bucket
- Sock ball(s)

Directions:

Individual

1. Students will need to focus on their underhand tossing skills.
2. Students will toss a sock ball from behind a plate and try to make it land in the bucket.
3. If the student successfully makes the sock ball in the bucket they will collect the plate.
4. The students will then drop the plate off at their home base.
5. If the student is unsuccessful in making the sock ball in the bucket they will need to grab their sock ball and toss from another plate.
6. This process will repeat until allotted time or all plates have been collected.

Challenge:

How many plates can you collect in 1-minute?

With an opponent

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4. The students will then drop the plate off at their home base.
5. If the student is unsuccessful in making the sock ball in the bucket they will need to grab their sock ball and toss from another plate.
6. This process will repeat until allotted time or all plates have been collected.
7. The student with the most plates at then end of the game will win.

YouTube Video:

<https://youtu.be/bsG8gB5WXul>

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

Until next time,
Take care!



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