



- The P.E Spot -

P.E Lesson “From Downtown”

Objective: Students will be able to develop multiple strategies to launch an object to a stationary target from different distances.

Skills Developed:

- Shooting
- Accuracy
- Strategy

Materials:

- Hat
- Tape
- Sock Ball
- Basket/Bucket/Box

Directions:

Level 1:

1. Students will focus on their shooting, accuracy, and strategy skills.
2. Students will need to launch a sock ball from a hat, and try to make it land in a stationary basket.
3. Students will have 2 options to score from either a 5 ft or 8 ft marker.
4. If the student launches the sock ball from the hat, and makes it in the basket they will receive the following points.
5 foot line = 1 point (Free throw)
8 foot line = 3 points (3-point shot)
5. The student will have 1 minute to score as many points as possible.

Level 2:

1. Students will focus on their shooting, accuracy, and strategy skills.
2. Students will need to launch a sock ball from a hat, and try to make it land in a stationary basket.
3. Students in this round will need to launch a sock ball from their hat from different angles.
4. Students will need to make it from 5 different angles.
5. If the student makes the first shot they will move to the next angle.
6. If the student does not make the shot they will continue shooting at a particular angle until they successfully make the shot.
7. The student will need to make ALL 5 different angle shots in 1 minute.
8. This process will repeat for all students.

YouTube Video of Lesson:

https://youtu.be/IHAmOYL8x_I

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

Until next time,
Take care!



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