



P.E Lesson

“Gobble Gobble Gobble”

Objective: Students will be able to throw (backhand) various distances and retrieve stationary objects.

Skills Developed:

- Throwing (backhand)
- Accuracy
- Strategy

Materials:

- Hat
- String
- Water bottles (3-5)
- Paper
- Tape

Directions:

Level 1:

1. Students will be able to throw (cast) using a backhand frisbee motion to collect items at various distances.
2. Students will need to throw a hat and try to collect 3 “wild turkeys” (water bottles).
3. Students will need to collect the water bottle and reel them into the casting area.
4. If the student does not successfully reel in the turkey they will need to bring in the hat and try again.
5. Students will have 1 minute to collect all 3 wild turkeys.

Level 2:

1. Students will be able to throw (cast) using a backhand frisbee motion to collect items at various distances.
2. Students will need to throw a hat and try to collect 5 “wild turkeys” (water bottles).
3. Students will need to collect the water bottle and reel them into the casting area.
4. If the student does not successfully reel in the turkey they will need to bring in the hat and try again.
5. Students will be timed and try to collect all 5 turkeys as fast as possible.

YouTube Video:

<https://youtu.be/rzn9khYFKA4>

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

Until next time,
Take care!

