



- The P.E. Spot -

P.E Lesson: “Pop Up”

Objective: Students will be able to demonstrate hand eye coordination while catching a self tossed/or a tossed object from a partner.

Skills Developed:

- Catching
- Hand eye coordination
- Strategy

Materials:

- Hat
- Sock Balls/tape ball/ paper ball

Directions:

1. Students will focus on their catching, hand eye coordination, and strategy skills.
2. Students will need to catch either a self tossed object. (ball/sock ball/paper ball)
3. Students will have 5 tries to catch as many tosses to self or from a partner.
4. The students goal is to catch as many self tossed or partner tossed sock balls using a hat.

Level 1:

1. Students will have a partner toss an object directly at them.
2. The catching student will need to catch the tossed item using a hat.
3. The student will need to move their bodies and use their hand eye coordination to capture the object before it hits the ground.
4. This process will continue for the 5 turns.

Level 2:

1. Students will have a partner toss an object to the left or the right of the student.
2. The catching student will need to catch the tossed item using a hat.
3. The student will need to move their bodies and use their hand eye coordination to capture the object before it hits the ground.
4. This process will continue for the 5 turns.

Level 3:

1. Students will have a partner toss an object to different heights from high or low of the student.
2. The catching student will need to catch the tossed item using a hat.
3. The student will need to move their bodies and use their hand eye coordination to capture the object before it hits the ground.
4. This process will continue for the 5 turns.

Level 4: (Bonus Round)

5. Students will have a partner toss an object in multiple directions and heights to the student. (Ex: High, low, left, or right)
6. The catching student will need to catch the tossed item using a hat.
7. The student will need to move their bodies and use their hand eye coordination to capture the object before it hits the ground.
8. This process will continue for the 5 turns.

YouTube Video of Lesson:

<https://youtu.be/ossMVLIsJbQ>

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

Until next time,

Take care!

