



## P.E Lesson

# “The Reindeer Round-Up”

**Objective:** Students will be able to develop a strategy to accurately throw (frisbee) an object around multiple stationary targets.

**Skills Developed:**

- Throwing
- Accuracy
- Strategy

**Materials:**

- Paper Plates
- Water bottles
- Tape/Chalk/Poly Spots (Markers)

**Directions:**

**Level 1:**

1. Students will be able to demonstrate a backhand/Forehand frisbee throw to multiple targets.
2. Students will need to throw a paper plate, and ring it around stationary water bottles.
3. If the student makes/misses a throw they will need to move to another marker (tape, chalk, poly spot).
4. The student will need to ring **3** paper plates around 3 different water bottles.
5. If the student misses the reindeer (water bottle) they will need to retrieve their paper plates and try again.
6. This process will continue.

## Level 2:

1. Students will be able to demonstrate a backhand/Forehand frisbee throw to multiple targets.
2. Students will need to throw a paper plate, and ring it around stationary water bottles.
3. If the student makes/misses a throw they will need to move to another marker (tape, chalk, poly spot).
4. The student will need to ring 5 paper plates around 3 different water bottles.
5. If the student misses the reindeer (water bottle) they will need to retrieve their paper plates and try again.
6. This process will continue.

## YouTube Video:

<https://youtu.be/vkQCZnLqLW8>

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

Until next time,  
Take care!

