



## P.E Lesson

# “The Snowball Runaway”

**Objective:** Students will be able to improve their reaction time, agility, and strategy skills to outrun a moving object.

**Skills Developed:**

- Reaction time
- Agility
- Strategy

**Materials:**

None

Optional: Paper plates/Poly spots/Cones

**Directions:**

**Level 1:**

1. Students will be able to outrun a moving object.
2. Students will need to react quickly to avoid a moving snowball.
3. Students will start in the middle of their screens.
4. Students will need to jump to their left, middle, and right of screen to avoid the moving snowball.
5. Students will need to avoid **one** snowball at this level.
6. Students will repeat this process for the duration of the level.

**Level 2:**

1. Students will be able to outrun a moving object.
2. Students will need to react quickly to avoid a moving snowball.
3. Students will start in the middle of their screens.

4. Students will need to jump to their left, middle, and right of screen to avoid the moving snowballs.
5. Students will need to avoid **two** snowballs at this level.
6. Students will repeat this process for the duration of the level.

### Level 3:

1. Students will be able to outrun a moving object.
2. Students will need to react quickly to avoid a moving snowball.
3. Students will start in the middle of their screens.
4. Students will need to jump to their left, middle left, middle right, and right of screen to avoid the moving snowball.
5. Students will need to avoid **three** snowballs at this level.
6. Students will repeat this process for the duration of the level.

### Level 4:

1. Students will be able to outrun a moving object.
2. Students will need to react quickly to avoid a moving snowball.
3. Students will start in the middle of their screens.
4. Students will need to jump to their left, middle left, middle right, and right of screen to avoid the moving snowball.
5. Students will need to avoid **one, two, or three** snowballs at this level.
6. Students will repeat this process for the duration of the level.

## YouTube Video:

<https://youtu.be/eJqtMMzhpgw>

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

Until next time,  
Take care!



