



## P.E Lesson

# “The Snowman Express”

**Objective:** Students will be able to develop a strategy to accurately toss an object into multiple stationary targets.

**Skills Developed:**

- Throwing
- Accuracy
- Strategy

**Materials:**

- Sock ball
- Paper plates (2)
- Basket (small/medium)
- Bucket
- Optional: Tape

**Directions:**

**Level 1:**

1. Students will be able to demonstrate underhand tossing to multiple targets.
2. Students will be able to toss a sock ball into different sized targets.
3. Students will need to toss a sock ball into a big, medium, and small sized target.
4. If the student tosses the sock ball and makes it in, the student will flip the basket over and place the medium sized basket on top.
5. The student will need to repeat this process for the small basket.
6. If the student misses the shot they will need to retrieve the sock ball and try again.
7. This process will continue.

## Level 2:

1. Students will be able to demonstrate underhand tossing to multiple targets.
2. Students will be able to toss a sock ball into different sized targets.
3. Students will need to toss a sock ball into a big, medium, and small sized target.
4. If the student tosses the sock ball and makes it in, the student will flip the basket over and place the medium sized basket on top.
5. The student will need to repeat this process for the small basket.
6. If the student misses the shot they will need to retrieve the sock ball and try again.
7. In this round students will need to retrieve the sock ball while moving on the paper plates.
8. This process will continue.

## YouTube Video:

<https://youtu.be/D7qOUt-xGyo>

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

Until next time,  
Take care!

