



- The PE Spot -

P.E Lesson

“The Shooting Star”

Objective:

Students will be able to develop a strategy to launch an object to a designated target using an implement.

Skills Developed:

- Shooting
- Accuracy
- Strategy

Materials:

- Sock
- Ping pong ball/ball
- Bucket

Directions:

- Students will need to develop a strategy to launch a ping pong ball from a sock into a designated target.
- Students will be about 6 feet away from the target.
- Students will need to place the ping pong ball in the middle portion of the sock.
- Students will then pull the sides of the sock quickly and the ping pong ball should launch.
- The student will get a number of ping pong balls for their turn.
- In this video I had 10 shots to make the ping pong ball inside of the bucket.
- Students will switch with a partner if possible, and repeat this process.

YouTube Video:

https://www.youtube.com/watch?v=_u7A5r4Rra0

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

Until next time,
Take care!



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