



- The PE Spot -

P.E Lesson

“Builders & Bulldozers”

Objective: Students will be able to use eye coordination, strategy, foot skills (touch) to lift an object upright.

Skills Developed:

- Eye coordination
- Strategy
- Foot skills

Materials:

- 5-6 Water empty water bottles

Directions:

1. Students will knock down upright empty water bottles using their feet.
2. Students will focus on creating a strategy to lift an empty water bottle upright using their feet only.
3. Students will need to use their eyes and feet to figure out the best way to lift the bottles upright.
4. Students will have 1-minute to drop and lift as many empty bottles upright.
5. This process will continue.
6. If a partner is available you can take turns and see how many you can get upright in 1-minute.

YouTube Video of Lesson: <https://youtu.be/upCUXDKrZ10>

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

Until next time,
Take care!



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