



- The P.E Spot -

P.E Lesson “House of Boo’s”

Objective: Students will be able to demonstrate core strength, accuracy, and strategy in a fun DIY PE game.

Skills Developed:

- Core Strength
- Accuracy
- Strategy

Materials:

- Water Bottles
- Tissue Paper/Tissue
- Sock Ball

Directions:

Level 1:

1. Students will focus on their core strength, accuracy, and strategy skills.
2. Students will need to hold their bodies up in a push up plank position.
3. Students will roll/slide a sock ball using their dominant hand.
4. Students will need to knock down water bottles. (boos)
5. Students will have 1-minute to complete this task.

Level 2:

1. Students will focus on their core strength, accuracy, and strategy skills.
2. Students will need to hold their bodies up in a push up plank position.
3. Students will roll/slide a sock ball using their dominant hand.
4. Students will need to knock down the big boo. (Gallon water bottle).
5. The big boo will be surrounded by the small boos.
6. Students will have 1-minute to complete this task.

Level 3:

1. Students will focus on their core strength, accuracy, and strategy skills.
2. Students will need to hold their bodies up in a push up plank position.
3. Students will roll/slide a sock ball using their non-dominant hand.
4. Students will need to knock down all the boo's. (Gallon and 16.9 water bottle).
5. The big boo will be surrounded by the small boos.
6. Students will have 1-minute to complete this task.

YouTube Video of Lesson:

<https://youtu.be/V2Rr4N9YeqY>

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

Until next time,
Take care!



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