



- The P.E. Spot -

P.E Lesson: “Plank Kingpin”

Objective: Students will be able to develop an offensive/defensive strategy in a fun socially distant activity that focuses on core strength and endurance.

Skills Developed:

- Core Training
- Offensive/Defensive Strategies

Materials:

- Peanut Butter Cap
- Water Bottles

Directions:

1. In this fun DIY pe game students will focus on their core training and offensive/defensive strategy.
2. Students will need to maintain a plank position.
3. In the plank position students will need to slide/roll a peanut butter cap(ball) and knock down their opponents water bottles.
4. The water bottle will be located under the body of their opponent.
5. Students will need to be 6 feet away from each other and start in a plank position.
6. A student will start by sliding/rolling a cap/ball and knock down the water bottle.
7. Students need to develop an offensive strategy to knock down the bottle.
8. Students also need to develop a defensive strategy to block the cap/ball from knocking down the pin.
9. Both players must remain in a plank position for the duration of each game.
10. If a player knocks down their own bottle their opponent will receive 1-point.
11. If a player knocks down their opponent’s bottle they will receive 2-points.
12. This process will repeat.

YouTube Video of Lesson:

<https://youtu.be/sxlotlv3Cvs>

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

Until next time,

Take care!



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