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## **P.E Lesson: “Kingpin”**

**Objective:** Students will be able to demonstrate proper form for rolling an object accurately, and creating a strategy to knock down an item.

**Skills Developed:**

- Rolling
- Accuracy
- Offensive/Defensive Strategy

**Materials:**

- Water bottles
- Tape
- Sock Balls (balls)

**Directions:**

1. Students will focus on rolling a sock ball accurately to strike down an object.
2. Students will need to roll a sock ball and knock down their opponents water bottles.
3. Students will not be allowed to cross a middle line.
4. Students are allowed to defend, but they cannot (baby sit) they must be moving their bodies at all times.
5. Students may choose to defend their own pins, however if they accidentally knock down their own pins it must stay down.
6. The student (team) that knocks down the most pins in the allotted amount of time or knocks down all of their opponents pins first will win the round.
7. This process will continue.

## YouTube Video of Lesson:

<https://www.youtube.com/watch?v=oCrDgTn0Org>

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

Until next time,  
Take care!



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