



- The P.E Spot -

P.E Lesson “Peek- A- Boo”

Objective: Students will be able to create a strategy to accurately toss an object, and land it on multiple stationary targets.

Skills Developed:

- Throwing
- Accuracy
- Strategy

Materials:

- Tissue/ Paper
- Rubber band/Twist tie
- Badminton Birdie
- Cups (10)
- Tape
- Hat

Directions:

1. Students will create 3 boo's using a badminton birdie, tissue paper, and a rubber band/twist tie. If not students can use a crumbed piece of paper.
2. Students will scatter the 10 cups in a designated area at different distances.
3. A student will hide the 3 boo's under the 3 of the 10 cups.
4. A student (thrower) will toss a hat and try to make the hat land on top of any cup.
5. If the student successfully lands the hat on a cup they will look under the cup for a boo. If a boo is not under the cup they will take the cup back with them to the starting line. If they find a boo they will take the boo and the cup back to the starting line.
6. If the student is not successful in landing the hat on a cup they will retrieve the hat and continue.
7. The goal is for students to collect all 3 boo's in 1 minute.
8. This process will repeat.

YouTube Video of Lesson:

<https://youtu.be/c6fkpguENi4>

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

Until next time,
Take care!



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