



- The P.E Spot -

P.E Lesson

“Tight Rope Transfer”

Objective: Students will be able to demonstrate balance, teamwork, and strategy in a cooperative team activity.

Skills Developed:

- Balance
- Teamwork
- Strategy
- Communication

Materials:

- Cones
- Ball/Object
- Pool Noodle

Directions:

- Students will participate in a fun partner activity.
- Students will need to transfer an object from one cone to another using a pool noodle.
- If the students drop the object prior to placing it on the other cone they will need to start back at the starting cone.
- Students will have 1 minute to transfer the item back and forth.

Level 1:

- Students will need to transfer the item back and forth without dropping it.
- If the students drop the ball they will need to start back at the starting cone.
- Every successful transfer will result in 1 point.
- This process will continue for 1 minute.

Level 2:

- Students will need to transfer the item back and forth without dropping it.
- If the students drop the ball they will need to start back at the starting cone.

- Every successful transfer will result in 3 points.
- In this level students will need to stay on a tightrope (tape) while transferring the object moving forward.
- This process will continue for 1 minute.

Level 3:

- Students will need to transfer the item back and forth without dropping it.
- If the students drop the ball they will need to start back at the starting cone.
- Every successful transfer will result in 5 points.
- In this level students will need to stay on a tightrope (tape) while transferring the object moving backwards.
- This process will continue for 1 minute.

YouTube Video of Lesson: <https://youtu.be/l1kryqli22g>

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

Until next time,
Take care!



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