



- The PE Spot -

P.E Lesson

“Hand Eye Coordination”

Objective: Students will be able improve their hand eye coordination by tossing a self tossed item.

Skills Developed:

- Tossing
- Accuracy
- Strategy
- Hand eye coordination

Materials:

- Sock Ball/ tennis ball/ bean bag

Directions:

Individual

1. Students will need to self toss an object using their dominant and non-dominant hand.
2. Students will toss it 5 times with their left/right hand each.
3. Students will rainbow the item. Toss right catch left or toss left catch right.
4. Students will then toss under their right leg and catch their left hand. Then toss under the left leg and catch the right hand.
5. Students will then toss high and catch low, using both their right hand and left hand.
6. Students will then rainbow toss. Toss using their right hand and catch with the left hand. Toss using their left hand and catch with their right hand.

Hand Eye Coordination with a partner:

1. Students will toss an object back and forth to each other without dropping it.
2. Students will use their dominant hand to toss an object high and their partner will catch it as low to the ground as possible.
3. Students will use their non-dominant hand to toss to their partner high, and partner catch low.

Challenge:

How many times can you toss and catch an object without dropping it?

YouTube Video:

<https://youtu.be/KTRnU9guEh4>

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

Until next time,

Take care!



- The PE Spot -