



P.E Lesson “Turkey Runaway”

Objective: Students will be able to participate in a physical activity that is enjoyable and challenging.

Skills Developed:

- Cardiovascular endurance

Materials:

- None

Directions:

Level 1:

1. Students will be able to identify start/stop cues in a fun physical activity.
2. Students will need to maintain movement while attempting to outrun a wild turkey chasing them.
3. Students will need to jog in place for the duration of the activity with limited rest opportunities.
4. This process will continue.

YouTube Video:

<https://youtu.be/60PJXT8jXs8>

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

Until next time,
Take care!

