



- The P.E Spot -

P.E Lesson “The Pyramid”

Objective: Students will be able to stack cups in groups of 3/6 using only their feet to transfer and stack each cup.

Skills Developed:

- Strategy
- Accuracy

Materials:

- 3/6 Dixie Cups

Directions:

1. Students will create a strategy and accurately stack 3/6 cups on top of each other.
2. Students will stack cups on each other using only their feet to transfer the cup.

3 Stack Pyramid

- Students will need to transfer two to the designated area. This will set the foundation of the pyramid.
- Students will need to transfer the last cup and stack it onto the 2 cups.

6 Stack Pyramid

- Students will need to transfer three cups to make the foundation of the pyramid.
- Students will need to transfer two cups and stack them on top of the three foundation cups.
- Students will need to transfer the last cup and stack it on top of the foundation and middle stack of the cups.

Challenge:

How quickly can you stack 3 cups? How quickly can you stack 6 cups?

YouTube Video of Lesson:

<https://youtu.be/rQyzz0Jwni0>

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

Until next time,
Take care!



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