



- The P.E Spot -

P.E Lesson: “Hula Horseshoes”

Objective: Students will be able to accurately roll a hula hoop to a designated target using strategy to roll it to its designated target.

Skills Developed:

- Strategy
- Rolling
- Accuracy

Materials:

- Bucket/basket
- Hula hoop

Directions:

1. Students will focus on the following skills rolling, strategy, and accuracy.
2. In this lesson students will need to stand 6-8 feet away from a bucket/basket.
3. Students will roll a hula hoop out toward the bucket/basket.
4. If the hula hoop touches the bucket/basket the student will get 1-point.
5. If the hula hoop lands on top of the bucket/basket the student will get 2-points.
6. If the hula hoop lands over the bucket/basket the student will get 3-points.
7. Students will have 1 minute to roll the hula hoop out, score points, and retrieve it.
8. This process will continue.

YouTube Video:

https://youtu.be/L0_9N4RBGzI

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

Until next time,

Take care!



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