



## P.E Lesson “Angry Turk-ees”

**Objective:** Students will be able to develop muscular strength, muscular endurance, accuracy, and strategy skills in a fun DIY physical activity.

### **Skills Developed:**

- Cardiovascular endurance
- Muscular strength
- Accuracy
- Strategy

### **Materials:**

- Sock balls (2)
- Sock
- Basket
- Tape (Marker/start line)

### **Directions:**

1. Students will be able to demonstrate muscular endurance, muscular endurance, accuracy, and strategy skills.
2. Students will need to perform a burpee.
  - Squat down
  - Feet out (push up position)
  - Feet In
  - Jump up
3. After completing their burpee, students will need to launch the 2 sock balls from a single sock.
4. Students will need to try and launch the sock balls into a bucket/basket/box.
5. If the student makes the shot they will earn 1 point for each sock ball made.
6. If the student does/doesn't make the sock balls they will retrieve their sock balls and perform a burpee to get 2 more tries.
7. This process will continue for 1 minute.

## YouTube Video:

<https://youtu.be/xZyyFrKOVhw>

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

Until next time,  
Take care!

