

“Trashcan Ball”

Grade Level: K-6th Grade

Potential Essential Questions

1) How can practicing shooting from different distances improve accuracy and coordination?

Arizona State Standards

PE.6.MS1.1: Demonstrate competency in a variety of motor skills and movement patterns.

PE.6.MS2.3: Apply strategies and tactics to enhance successful participation in physical activities.

PE.6.MS3.1: Demonstrate an understanding of the rules and safety principles in a modified game setting.

PE.6.PR4.1: Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Lesson Objective: Students will practice shooting accuracy from different distances to develop hand-eye coordination.

Biblical Integration: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." – Colossians 3:23

Equipment Needed:

- 1 large trash cans or bins (one per team)
- 4 rubber or foam balls (basketball-sized preferred)
- Cones or tape to mark shooting distances (e.g., 5 feet, 10 feet, 15 feet, 20 feet)
- Scoreboard or whiteboard for tracking points

How to Play

- 1) Divide the class into four teams, each assigned to a designated trash can.
- 2) Mark shooting spots at varying distances (closer shots = lower points, farther shots = higher points).
- 3) Teams take turns shooting the ball into their trash can from different distances.
- 4) Players must retrieve their ball and pass it to the next shooter after attempting a shot.
- 5) Each successful shot earns a set number of points based on distance:
- 6) The game continues for a set amount of time (e.g., 10 minutes per round).
- 7) The team with the highest total points at the end wins.

Post Assessment

1) What strategies did your team use to improve shooting accuracy?