



# Dude Imperfect

Using Trick Shots to Teach  
Creativity & Resilience

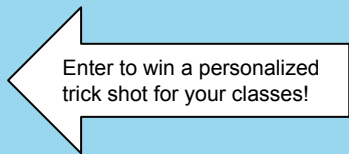
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YouTube: [Mr. Noel's Trick Shots](#)



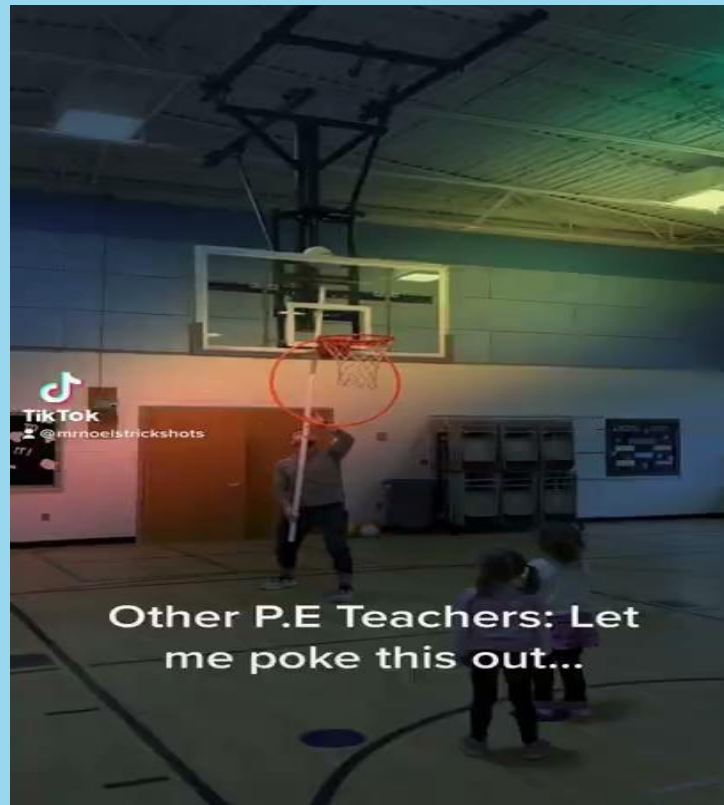
[Year in Review Shot](#)





## Session Objectives

- Understand the benefits of practicing Trick Shots
- Demonstrate how to incorporate “Trick Shot Time” into your lessons
- Demonstrate ways that Trick Shots can meet SHAPE & VA Standards 1-5
- Learn new activities to bring back to your classrooms right away



[Poke Shot](#)



[How I Got Here](#)



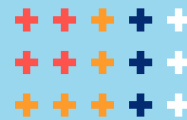
# How Did I Get Here?



My Trick Shot Journey...

- Started as a way to pass time and build excitement during Virtual PE
- Realized so many lessons that could be translated into my classes
- [Turned into a great way to build relationships and share a passion with my students](#)



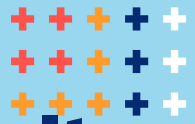


# Why Trick Shots?



- Meaningful P.E. (Social interaction, challenge, fun, motor competence, delight)
- Fosters creativity & a growth mindset
- Connect to student interest/relevance
- Teaches us to use failure as part of the learning process
- Creates opportunities for lifelong activity

[Mia Jane Shot](#)



# Let's See It In Action! – Make It Take It

- Form lines behind each of the cones
- Last person in line goes to the bucket to be the catcher
- When music starts, one person chooses a nutrition card to stand on and tosses the ball to their partner. Catcher must have one foot on the polyspot and catch the ball in the bucket.
- If a catch is made, thrower picks up the nutrition card and brings it to the polyspot, then they become the next catcher. The catcher brings the ball to the line and next person becomes the tosser.
- **PE3.5.b.1** *Identify one food per food group to create a healthy meal that meets USDA regulations*





# Make It Take It – Trick Shot Extensions

- Tossers must turn their back to the catcher and throw over their head backwards. (Or any trick shot style toss if you want)
- Catcher must now hold the bucket on their head to catch the ball
- Catcher now turns their back to the tosser
- \*You can have these as separate rounds or as an optional add on for double/higher point value, etc.\*
- Change out the nutrition cards with a polyspot and label with muscles/bones when teaching Standard 2
- Swap out partner catching with a bucket or different target





# Trick Shot Stations

- Each station will have its own challenge for a trick shot
  - Backwards (overhead/through the legs)
  - Off the Bounce
  - Off the Wall
  - Group Shot
  - Choose a piece of equipment to use
  - Combo Shot
- PE3.4.e Providing clear and specific feedback to classmates
- PE3.4.f Describe how group and individual physical activity can bring enjoyment to self and others
- PE4.3.g Calculate resting and activity heart rate during a variety of physical activities.
- PE6.2.a Refine and adapt individual skills by applying concepts of relationships, direction, effort and accuracy to improve performance





## Break the Chain – Eric Turrill (@RHEPE1)

- Form lines behind a colored cone & gator ball
- When music starts, 1st person runs to the polyspot closest to their team
- Next person throws the ball for them to catch. Catch must be made with one foot on polyspot. If caught, bring the polyspot back to line and rotate/switch.
- Once all polyspots are collected, compare score and reset the game
- Trick Shot Toss (backwards, hike, under the leg, behind the back, etc.)
- Trick Shot Catch (one hand, tap & catch, reaction time)
- PE4.1.a Demonstrate overhand/underhand throwing and catching; catching thrown objects
- PE6.4.d Describe the benefits of competitive and noncompetitive physical activities







# Pumpkin Patch Pindemonium





# Dude Perfect All Sports Battle

- Set out KanJam buckets, large buckets, hula hoops, etc. as your holes; Choose whatever pieces of equipment you want that will fit your space (outdoor/indoor)
- Each person uses one piece of equipment for the hole until they got their ball/object in the hole
  - Start off with Best Ball Format (everyone takes their first shot, then decide on the best one and everyone plays from there until ball gets in the hole)
- Once everyone has completed the hole, they rotate their equipment for the next hole
  - Best to set a # pattern so they know who they give their equipment to each time they finish a hole
- <https://twitter.com/i/status/1559985597967749120>



# Can you make the Perfect Shot?!?!

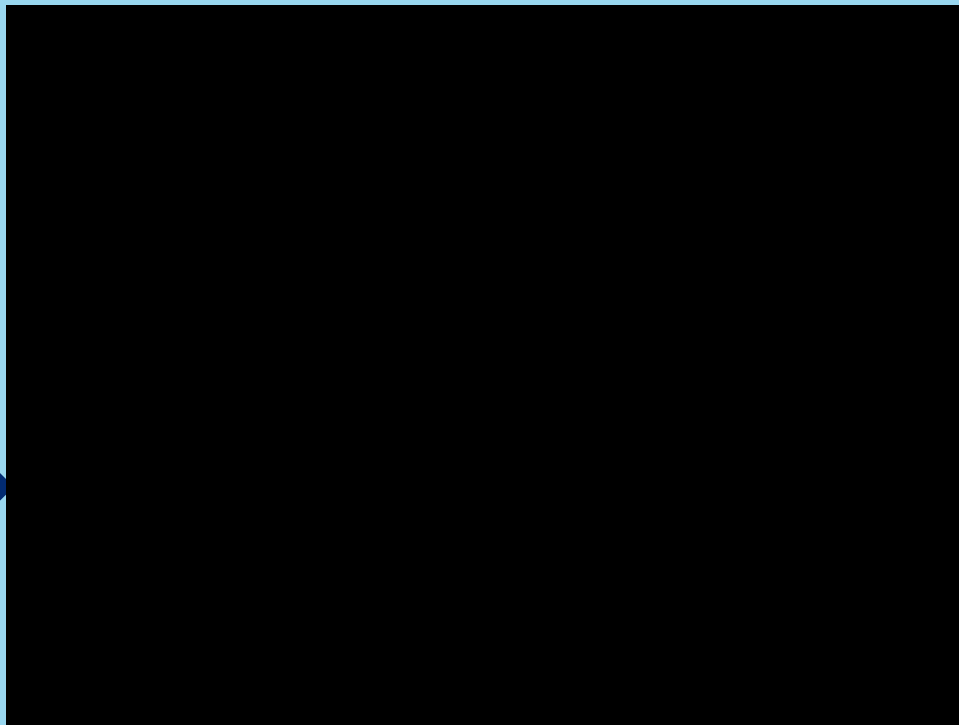
[Perfect Shot](#)



Enter to win a personalized trick shot for your classes!



# TRICK SHOT TIME @ UREC TONIGHT!!



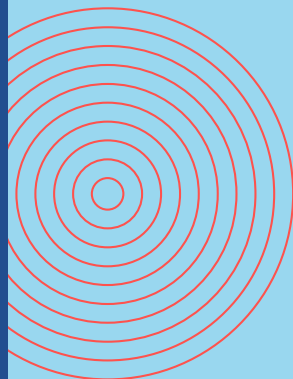


# Virginia AHPERD Call for Presenters!



**ATTENTION!**  
**PRESENTATION  
PROPOSALS ARE OPEN  
FOR 2023**

VIRGINIA AHPERD | NOVEMBER 2023 | HARRISONBURG, VA





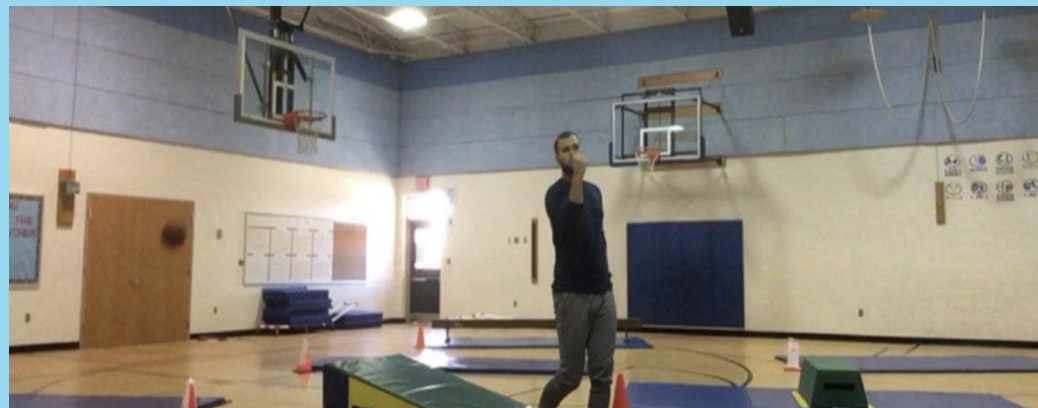
# Thank You!!!

Questions?: [pmnoel@fcps.edu](mailto:pmnoel@fcps.edu)

Share your Trick Shot Time with me!

Twitter: @pm\_noel

TikTok: @mrnoelstrickshots



[Trick Shot Raffle Winner!!](#)

# THANKS



**Do you have any questions?**

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