

# BEST PRACTICES

## Strategies and Tips for Using Stations in Physical Education

Incorporating stations into physical education classes can be an excellent way to keep students engaged and active. Here are some strategies and tips for effectively using stations. By implementing these strategies, you can create a dynamic and engaging physical education class that keeps students active, motivated, and having fun!

- **Plan Ahead:** Before implementing stations, plan out the activities, the layout of the stations, and the timing for each rotation. Ensure that you allow for student choice for equipment for each activity (e.g., different colors, sizes, weights).
- **Variety of Activities:** Include a variety of activities at the stations that are inclusive of different interests and skill levels. For example, have a challenge chart that allows each student to choose the skill/challenge level for the task.
- **Clear Instructions:** Provide clear and concise instructions for each station so that students understand what they need to do without needing much supervision. You can use visual aids, demonstrations, and written instructions at each station.
- **Monitor Progress:** Circulate around the stations to monitor students' progress, offer assistance if needed, and provide feedback.
- **Universal Design Considerations:** Be mindful of students with differing abilities and provide a variety of challenge activities and equipment at each station to ensure that everyone can participate and be challenged at their own level.
- **Encourage Collaboration:** Include stations that require teamwork or partner activities to promote collaboration and social interaction among students.
- **Feedback and Reflection:** At the end of the session, allow time for students to provide feedback on the stations and reflect on their performance. This can help them identify areas for improvement and set goals for the future.