**Holiday Stations**

Grades: K-5

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| **Equipment**   * Station Cards (refer to cards for necessary equipment) |

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| **Set-up**   * Create enough stations for the number of students in your class. |

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| **Objective**   * To practice and enjoy a variety of movement skills. |

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| **Description**   * Today you will have the chance to explore a variety of movement challenges at each station. * View YouTube demonstrations for each activity: * [Snow Sculptures](https://youtu.be/gnCDxhMweik), [Gingerbread Run](https://youtu.be/riK3n3-kQ3A), [Marshmallow Madness](https://youtu.be/HENY8S-8F1w), [Candy Cane Lane](https://youtu.be/qC7WVdj_Q0M)   **Notes for Teacher**   * Explain each station or allow older students to read the description on their own. |

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| **PE2020 Strategies**   * **Physically Distant:** Add some of your own stations into the mix to ensure that students can maintain appropriate spacing. * **At Home:** The activities can be easily adapted for students to play at home. |

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| **Standards**   * VALUES PHYSICAL ACTIVITY: Students recognize the value of physical activity for physical, emotional, and mental health. * MOVEMENT SKILLS & CONCEPTS: Students demonstrate skill competency and can apply concepts and strategies to movement and performance. * DEMONSTRATES FITNESS KNOWLEDGE: Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness. * DEMONSTRATES RESPONSIBLE BEHAVIORS: Students demonstrate responsible personal and social behavior. |

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