**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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