Holiday Stations
Grades: K-5

EQUIPMENT
● Station Cards (refer to cards for necessary equipment)

SET-UP
● Create enough stations for the number of students in your class.

OBJECTIVE
● To practice and enjoy a variety of movement skills.

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, Gingerbread Run, Marshmallow Madness, Candy Cane Lane

NOTES FOR TEACHER
● Explain each station or allow older students to read the description on their own.

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.

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.

Activity Contributors
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