

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.

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