

P.E. Stations



6 Free Movement Cards



Preparing the Station Cards

1. Print out all of the station cards or just the ones that you need for each session (preferably in color)
2. Glue the Station Cards to construction paper or cardstock paper
3. Laminate the stations and they are good for a lifetime
4. Use tape or better yet use Velcro to fasten the Station Cards to the walls or on cones in designated places in your "playing area"

Management While using the Station Cards

1. Fully explain each station giving instructional cues and safety concerns before dispersing the groups. Fully explain your expectations and boundaries!
2. Discuss rotational procedures so that students know what station they will travel to after each segment
3. Break the class or group into equal & cohesive small groups and tell them to walk to their first station to sit and wait for their cue
4. If you are inside, use music as a cue to start and stop your activity- it keeps things fun and students learn quickly to "stop, look and listen" when the music stops. Use a whistle outside.
5. Ensure all equipment is cleaned up and returned for the next group
6. Use "transition times" to give group instruction or correct any behavioral inconsistencies

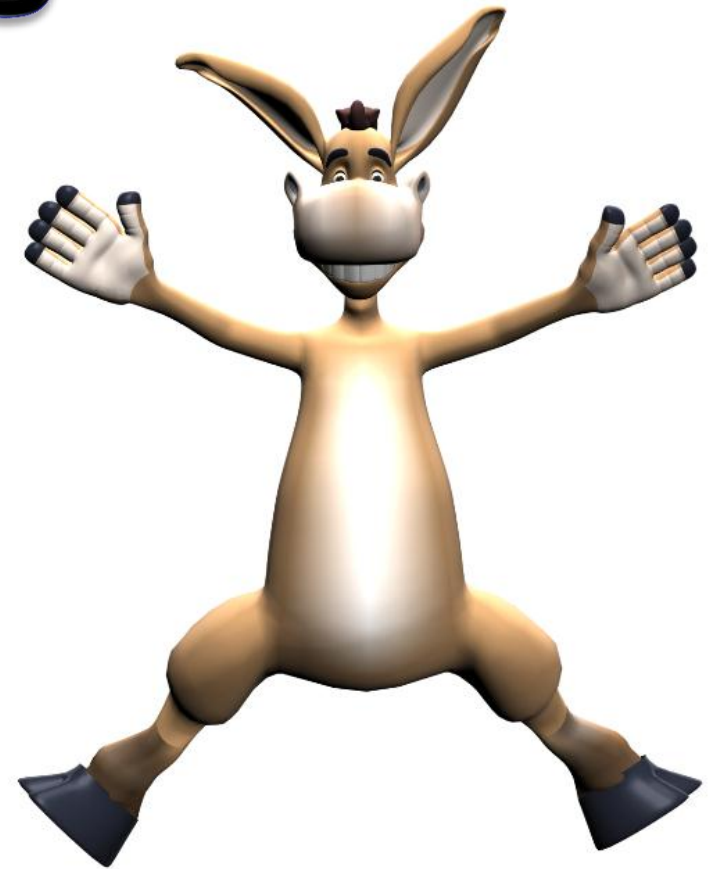
RUN IN PLACE

In the same area, perform a running motion. Bring your knees up high then bring your heels to your bottom. You can also run in a circular motion but stay in the same area. Use arm motions too!



STAR JUMPS

Jump up in the air using both legs and stretch out at the top of your flight with your arms and legs as far apart as possible. Land with legs back together and arms by your side.



SIT AND REACH

With your body seated in an "L" shape on the ground, stretch to or past your toes as far as you can and hold for 15 to 30 seconds ... repeat several times.

Keep your
fingertips
together!



Keep your
Legs
straight!

B-BALL WEAVE DRIBBLE



“Dribble” the basketball ball around the cones, “**weaving in and out**” and dribble it straight back to the next person in line. Try using your **right** and **left** hand.



DRIBBLE & SHOOT



Dribble from your starting cone to the shooting line and take one shot on the goalie. Take turns being the shooter and the goalie.

SOCCER

PARTNER SCOOT

"Push" or "Pull"
someone safely
around the
cone and
back.





PE STATIONS - 6 FREE MOVEMENT CARDS

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Please take a look at [Cap'n Pete's PE Blog](#) which was just named as one of the Top 100 PE resources by physicaleducationdegree.org for many more links, resources and general PE information

You can't go wrong when using the **PE Stations- 6 Free Movement Cards** resource....your students will love you for it!!!

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