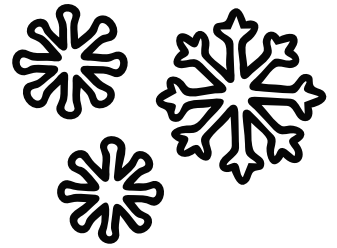


# WINTER STATIONS



## MATERIALS

- scooters
- mat
- scooter plungers
- poly spots
- cones
- half piece pool noodles
- inflatable tubes
- crumpled up white paper (can be recycled worksheets)
- paper plates

Students will be divided into groups of 4. They will rotate through eight holiday themed stations while playing Christmas music.

## STATION 1-SLEDDING



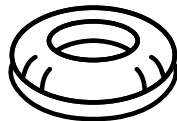
Students will sit on a scooter board as though they were on sled. They must use only their feet to move from one cone to the next. When they get to the other cone, they must carry their scooter board back to the other cone, because you can't sled uphill.

## STATION 2-SNOWBALL FIGHT

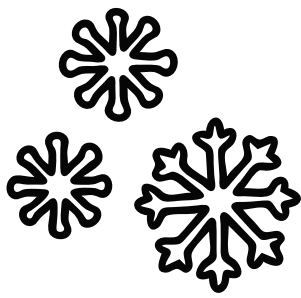


Students will use wadded up white paper to throw and catch with a partner like a snowball fight.

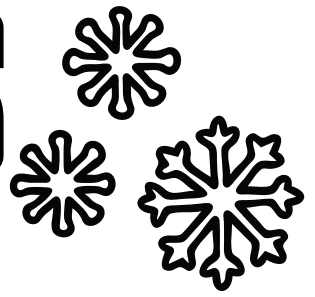
## STATION 3-TUBING



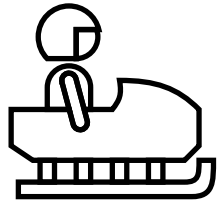
Students will sit on a scooter with an inflatable tube around them and go from one set of cones to the other.



# WINTER STATIONS



## STATION 4-LUGE



Three or four scooters will be connected. One student lay on the connected scooters on their back while the other student pushes them to the cone and then switches places coming back to the starting cone.



## STATION 5-ICE SKATING

Each student will have two paper plates that they will place under their feet and pretend to skate on a pretend pond.

## STATION 6-MOGUL SKATING



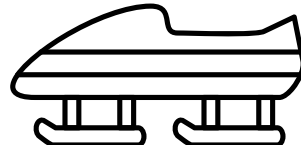
Students will jump from “mogul to mogul” (poly spots) using half a pool noodle as their poles. They must land the jumps.

## STATION 7-DOWNHILL SKIING

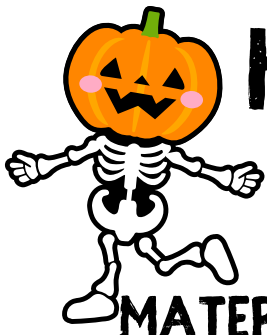


Students will sit on scooter boards and use two plungers to maneuver in and out of cones. Like sledding, they must carry their scooter boards back, because you can't ski uphill.

## STATION 8-BOBSLEDDING



Students will use three or four connected scooters with a folded mat on top as they bobsled. Two students will ride on the bobsled while the other students push. They will go from one cone to the next.



# HALLOWEEN STATIONS



## MATERIALS:

- BOWLING PINS
- BALL
- MULTI DOMES
- SCOOTERS
- BALL ASSORTMENT OF VARYING SIZES
- CONES
- TOSSING RINGS

## DOLLAR STORE MATERIALS:

- 8 FOAM HEADSTONES CUT IN HALF
- SMALL WHITE TRASH BAGS
- INFLATED WHITE BALLOONS
- BLACK MARKER
- 3-6 WITCH HATS
- 10 FOAM PUMPKINS
- FOAM SHEETS TO CUT SHAPES OUT OF
- FOAM LETTERS
- BELLS
- ZIP TIES

THE STUDENTS WILL BREAK INTO 7 GROUPS. HALLOWEEN THEMED MUSIC WILL PLAY AS THEY ROTATE THROUGH THE STATIONS.

## STATION 1-BOOLING



STUDENTS MUST ROLL A BALL AT GHOST DECORATED BOWLING PINS (PINS WITH SMALL WHITE TRASH BAGS COVERING THEM USING RUBBER BANDS TO HOLD THEM ON AND DECORATED WITH BLACK EYES). THEY WILL TRY TO BEAT THEIR SCORE AND KNOCK DOWN AS MANY PINS AS THEY CAN WHILE AT THIS STATION.

## STATION 2-FLOAT THE GHOSTS



STUDENTS WILL VOLLEY BALLOONS DECORATED LIKE GHOSTS. THEY WILL COUNT THE NUMBER OF TIMES THEY HIT THE GHOST BALLOON UNTIL IT FELL ON THE FLOOR.

## STATION 3-HURDLE THE HEADSTONES



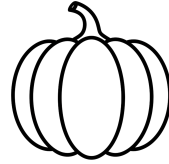
STUDENTS WILL JUMP, HOP, OR LEAP OVER FOAM HEADSTONES CUT IN HALF AND SET INSIDE MULTI DOMES. THEY WILL RECALL IF THEY ARE ABLE TO HURDLE ALL THE HEADSTONES AND WHICH LOCOMOTOR SKILL, THEY USE TO GET OVER THEM.



# **HALLOWEEN STATIONS**



## **STATION 4-PUMPKIN PATCH ROLL**



**STUDENTS WILL ROLL ON A SCOOTER BOARD IN BETWEEN PUMPKINS WITH SHAPES GLUED TO THEM. THE STUDENTS WILL STATE WHAT KINDS OF SHAPES THEY SAW AND WHAT HALLOWEEN THEMED OBJECTS LOOK LIKE THOSE SHAPES.**

## **STATION 5-RING THE DOORBELL**



**STUDENTS WILL THROW A VARIETY OF BALLS FROM DIFFERENT DISTANCES AT A BASKETBALL GOAL WITH BELLS ON IT. THEY WILL THEN RECALL THE FURTHEST THEY STOOD TO MAKE A BASKET AND THE LARGEST BALL THEY SUCCESSFULLY MADE A BASKET WITH.**

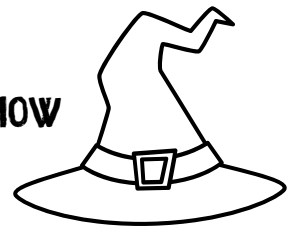
## **STATION 6-ROLL THROUGH THE HAUNTED HOUSE**



**STUDENTS WILL ROLL THROUGH MATS STOOD ON THEIR END COVERED IN A LARGE PARACHUTE. LETTERS WILL BE TAPED THROUGHOUT THE "HAUNTED HOUSE." STUDENTS WILL RECALL WHAT LETTERS THEY SAW AND HALLOWEEN WORDS THAT BEGIN WITH THOSE LETTERS.**

## **STATION 7-WITCHES HAT RING TOSS**

**STUDENTS WILL TOSS SMALL HULA HOOPS ON CONES COVERED WITH WITCHES' HATS PURCHASED FROM THE DOLLAR STORE. THEY COUNT HOW MANY TIMES THEY RANG A HAT.**





# EASTER STATIONS



**STUDENTS ROTATE THROUGH NINE EASTER THEMED STATIONS.**

## **STATION 1-CARROT JUMP ROPES:**

Turn a jump rope using proper form

**MATERIALS:** 4 carrot jump ropes (Purchased from Dollar Store)

**SKILL:** Endurance, coordination

## **STATION 2-EGG HUNT**

There are two baskets full of all different items and one of those items is Easter eggs. Students search in the buckets until all Easter eggs are found. They cannot dump the baskets; they must dig. As they find the eggs, they place them in the Easter basket.

### **MATERIALS:**

**Skill-Spatial Awareness, Patience, Sorting**

- 2 white easter baskets
- 2 easter baskets
- Plastic Easter Eggs
- Foam Dice
- Bean Bags
- Balls
- Rubber Critters
- Batons





# EASTER STATIONS



## STATION 3-SPELL EASTER WORDS

Use the letter cards to make as many Easter words as you can.

**MATERIALS:** Letter cards, poster with Easter words on them for students to use

**SKILLS:** Spelling, reading, cooperation, teamwork

## STATION 4-EXERCISE EGGS

There is a basket full of plastic eggs and an empty basket. In each egg there is a colored strip of paper. On the wall is a poster key that tells students what exercise to do for each color. Students will grab one egg at a time, open it, see their color strip and do 10 of whatever exercise their color goes with according to the exercise poster. After the exercise, place the color strip back in the egg, close it, and place it in the other basket.

**MATERIALS:** Plastic eggs, two Easter baskets, color strips, exercise poster

**SKILLS:** muscular strength, endurance, cardio



# EASTER STATIONS



## STATION 5-HOPPING THE TRAIL

Spots will make a line to resemble a trail. Students will hop down the trail while bringing an Easter egg from one basket to the other basket that is at the end of the trail. They can hop from spot to spot or just hop on one foot

**Materials:** plastic eggs, 18 spots, two baskets

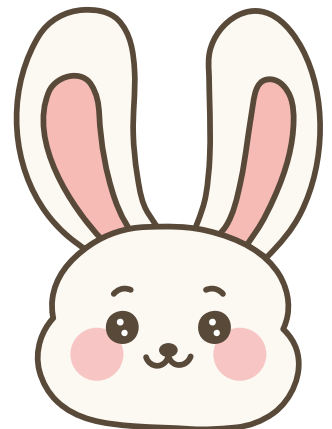
**Skill:** muscular strength, coordination, hopping skills

## STATION 6-EGG HEAD

Students will balance a jumbo egg that is sitting on foam ring on their head while walking a line back and forth.

**Materials:** 4 foam rings, 4 jumbo eggs, 8 cones

**Skill:** Balancing, tempo







# EASTER STATIONS



## STATION 7- TOSSING EGGS IN A BASKET

Two milk crates to represent Easter baskets. You can wrap with brown paper or use actual Easter baskets. Students toss plastic Easter eggs that are taped up so they don't come apart into the crates/baskets.

**MATERIALS:** plastic Easter eggs, 2 crates decorated like a basket or two large baskets, 2 more baskets for eggs not being tossed

**SKILL:** Hand eye coordination, tossing

## STATION 8-EGG SPOON RACE

Students will balance a wooden egg on a wooden spoon while walking a line back and forth.

**MATERIALS:** 4 wooden spoons, 4 wooden eggs, 8 cones

**SKILL:** Balancing, tempo

## STATION 9-PARTNER EGG TOSS

Students will toss a jumbo egg to their partner back and forth. With every 5 complete passes, take a step back.

**MATERIALS:** 4 Jumbo Eggs

**SKILL:** Hand eye coordination, catching, tossing, cooperation