Name/Title: **Seuss-Perb Stations**

Academic content: Reading

Purpose of Event: Students will be able to practice previously learned skills to the theme of "Dr. Seuss books".

Suggested Grade Level: K-2

Materials Needed: This activity uses a large variety of equipment. Please see each station to see what equipment is necessary.

Description of Idea

Each of the eleven stations is set up around the gym. Each station has a sign with the title (and picture of the cover, if possible) of a Dr. Seuss book and the words and/or a picture showing what to do at that station. (It may be necessary to use your imagination to see how the title of the book and the activity/equipment go together.) Due to the large number of stations being used, it may be helpful to have parent or other volunteers help students know what to do when they come to each station. Music may be played during which students can perform the skills at each station; when the music stops, they clean up their station, point to the next one, and move the music once again begins.

1) "**Hop on Pop**": Hopscotch mat, hula hoops taped together, or poly spots put down to form a hopscotch pattern. **Activity**: At this station, students use their jumping and hopping skills to complete the hopscotch.

2) "**The Cat in the Hat**": Playground balls and basketball hoop. **Activity**: At this station, students attempt to throw the cat (ball) into the hat (hoop).

3) "**If I Ran the Circus**" Ring Toss Game: Ring toss game with rings or deck tennis rings and cones or other appropriate targets. **Activity**: At this station, students attempt to underhand throw three rings over pegs on a ring toss.

4) "**Dr.Seuss's ABC**" and "**Shape of Me and Other Stuff**": Jump ropes and cards with letters, shapes, etc. **Activity**: At this station, students use jump ropes to make letters and shapes on the floor.

5) "**Green Eggs and Ham**" : Green scoops & green whiffle or yarn balls. **Activity**: At this station, students will have the opportunity to fry eggs and ham or scramble eggs by tossing the ham & eggs (balls) in the air and catching them in the frying pans (scoops). This can be done individually or with a partner.

6) "**I Am Not Going to Get Up Today**": Mat. **Activity**: At this station, students lie on the mat and perform curl-ups or push-ups. Each time they come up they can say "I am not going to get up today" and then lie back down.

7) "**One Fish, Two Fish, Red Fish, Blue Fish**": Twirl 'N Jumps or Ribbon Wands, paper fish with fitness activity written on it (5 jumping jacks, 10 push ups, etc.) (Attach a magnet to the end of each "pole" and a paper clip to each fish). **Activity**: At this station, students use their poles to "catch" fish. After catching a fish, the student must perform the fitness activity on the fish they caught.

8) "**There's a Wocket in My Pocket**": Beanbag toss with pockets (gallon jug targets) and beanbags. **Activity**: At this station, students must toss their wocket (beanbag) into a pocket (jug target).

9) "**The Cat in the Hat Comes Back**": Playground balls and basketball hoop. **Activity**: At this station, students stand with their back to the hoop and attempt to throw the cat (ball) into the hat (hoop).

10) "**My Many Colored Days**": Colored bowling pins with a playground ball. **Activity**: At this station, students attempt to knock down the bowling pins using the bowling ball.

11) "**The Foot Book**": Balance boards, a balance beam, or balance "domes". **Activity**: At this station, students use their feet to balance on the boards, beam, and/or domes.

Submitted by **Tonya Market** who teaches at Evergreen Park School in Union , IL . Thanks for contributing to PE Central! **Posted on PEC: 3/5/2001**.

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