

Name/Title: Winter Wonderland Stations

Purpose of Event: To reinforce previously learned concepts in a fun holiday station set up.

Prerequisites: throwing/catching how to hold a hockey stick and hit a puck cooperation

Suggested Grade Level: 3-5

Materials Needed: Scooters, cones, beanbags, hockey stick, pucks, ring toss, titles of christmas songs cut-out, "snowballs", bowling pins or other targets, team skis, etc.

Description of Idea

Winter Wonderland Stations

For the following stations it is best to have less than 6 students at a station. Please set the stations up with maximum safety in mind including written rules at each station. These need to be shown and explained as well by the teacher.

1. Fun at the Ice Rink:

Students use hockey sticks to strike pucks into a goal, between two cones, or into another target (e.g., bowling pins).

SKILLS: Striking with an implement

2. Snowball Toss:

Students use white rolled up socks as snowballs to throw at a variety of targets that are on the floor or on the wall (e.g., bowling pins, hoops, pictures, etc.). As long as it is safe let students decide if they want to throw overhand or underhand.

SKILLS: Throwing under and overhand.

3. Christmas Song Scramble:

Students have a starting point and move (we suggest using locomotor skills other than running) from that point to a hoop that contains words that make up the titles to Christmas songs (e.g., Jingle Bells, Frosty the Snowman, etc.). They pick up one word and run back to their starting spot. Students may only pick up one word at a time and run to the sorting spot. You could also have them choose letters instead of words.

SKILLS: Aerobic activity

4. Ring in the New Year:

Students toss Deck Rings onto Ring Toss poles, or other targets you have set up.

SKILLS: Underhand throwing.

5. Ski the Slopes:

Students work together to move on Team Skis to a designated area

SKILLS: Cooperation

6. Santa's on His Way:

Students use scooters to move through an obstacle course of cones to pick up "toys" (e.g., bean bags, etc.), then back through the course to "deliver" them.

SKILLS: Muscular Strength

Teaching Suggestions:

Make sure you watch for safety during the activity especially with the scooters.

Have students wear pedometers to see how active they were during the period.

Submitted by **Kera Williams** who teaches at Fisher Elementary in Pasadena, TX. Thanks for contributing to PE Central! **Posted on PEC: 1/15/2003.**

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