

## **Name/Title:** Reindeer Training

**Purpose of Event:** The purpose of this activity is to have the students work on different motor skills and pathways while celebrating the winter season. Students also work on the skill-related fitness components of agility and balance; the health-related fitness components of cardio-respiratory endurance, muscular strength and muscular endurance; the locomotor skills of running, galloping and leaping; and the object-control skill of tossing.

**Prerequisites:** Students should be able to rotate through stations, take turns, and be aware of how to use a scooter safely.

**Suggested Grade Level:** K-2

**Materials Needed:** CD player, winter-themed music, one low balance beam (4" wide and 2-3" high), five tall cones, five hurdles, three scooters, three ropes, one trash can, and enough deck rings or bean bags for 1/5th of the class to have three

### Description of Idea

The students are to imagine that the gym is the North Pole and they are the reindeer preparing to take the toys to all of the children on Christmas. The “reindeer” must go through training to make sure they are fit enough for the job.

**Set-up:** The five stations will be set up around the gym so the groups of students can rotate clockwise to each one every three minutes or after the completion of one song on the CD. Use posters to label the stations.

**Warm-up:** Reindeer Trot - Students will jog on the gym floor lines for the duration of one winter-themed song. The teacher will explain that they are completing the cardio-respiratory endurance training. After the warm-up, divide students evenly into five groups and direct them to their starting point.

The stations are as follows:

1. Rooftop Balance - Students move on hands and feet (the hooves) across the balance beam pretending it is the rooftop of a house. The teacher will explain that they are completing the balance training.
2. Tree Weave - Students gallop in and out of the trees (tall cones) to work on the skill-related fitness component of agility.
3. Cloud Leap - Students will train to fly over the clouds by practicing the locomotor skill of leaping over the hurdles.
4. Sled Pull - One student pretends to be the toy on the sled (scooter) and sits cross-legged,

holding a rope. The other student must use the rope to SLOWLY pull the sled to the opposite side of the gym. Then the students switch places. Remind the students that if they pull too fast or too hard, the sled may tip over and the toys will fall off and go to the wrong houses. This station works on the muscular strength of the reindeer.

5. Chimney Toss - Students stand around the "chimney" and toss deck rings or bean bags underhand into the trash can (chimney). Explain the proper way to toss underhand, using opposition and swinging the arm back and forth like a pendulum. After tossing the objects, students may retrieve them and keep tossing until it is time to rotate to the next station. Tell the "reindeer" they need to help Santa toss the toys down the chimney!

### **Assessment Ideas:**

During class closure, review which components of fitness were used at each station. Ask the students why it is good to "train" and practice a skill.

### **Adaptations for Students with Disabilities:**

Students who use wheelchairs can weave in and out of the hurdles (clouds) instead of leaping over them. Put two lines of tape on the floor to substitute the balance beam and students can wheel between the two lines.

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Submitted by **Jillian Bates** who teaches at J.P. Ryon Elementary School in Waldorf, MD. Thanks for contributing to PE Central! **Posted on PEC: 2/5/2010.**

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