

PE SKILL STATIONS AND TASK CARDS



BALLOON VOLLEY

Volleying an Object

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PLAYGROUND BALL SELF-CATCHING CHALLENGES

CHALLENGES
 USING THE PROPER CATCHING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. TOSS THE BALL UP IN THE AIR, LET IT BOUNCE AND THEN CATCH IT
2. TOSS AND CATCH THE BALL WITHOUT LETTING IT BOUNCE
3. THROW THE BALL TO THE GROUND, LET IT BOUNCE-THEN CATCH IT
4. TOSS THE BALL UP, LET IT BOUNCE, CLAP A FEW TIMES- THEN CATCH IT
5. TOSS THE BALL UP, LET IT BOUNCE, TURN AROUND- THEN CATCH IT

STATION EQUIPMENT
 ENOUGH PLAYGROUND BALLS FOR EVERY STUDENT

BALL TYPE: PLAYGROUND BALL (DIFFICULTY: 4/5)

Catching in the Air Task Card

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OBSTACLE DRIBBLE

CHALLENGES
 USING THE PROPER DRIBBLING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. DRIBBLE AROUND THE OBSTACLES (SMALL CONES) WITHOUT TOUCHING THEM
2. USE BOTH FEET AS YOU DRIBBLE
3. USE THE INSIDE AND OUTSIDE PART OF YOUR FEET
4. TRY A FULL "REVOLUTION" AROUND A CONE AS YOU PASS AROUND IT
5. IF THE BALL TOUCHES AN OBSTACLE, YOU MUST DO 5 PUSHUPS OR 5 JUMPING JACKS.

STATION EQUIPMENT
 ENOUGH SOCCER BALLS FOR EVERY STUDENT. ALSO, SEVERAL SMALL CONES

BALL TYPE: SOCCER BALLS OR PLAYGROUND BALLS

Dribbling and Ball Control- Task Card

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STATIONARY DRIBBLING

Dribbling with Hands

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A FREE STATION SIGNS AND TASK CARDS

INTRODUCTION

4 Free PE Stations and Task Cards

“YOU ARE NOW FREE TO MOVE ABOUT THE GYM.”

The “5 Free PE Skill Stations and Task Cards” product is a sample of station signs and task cards from my collection of [PE Skill Stations and Task Cards- “Mega Bundle”](#). They are ideal for PE teachers to reinforce teaching cues in sport-based units or could be used as a diversion from a regiment of PE fitness activities. Classroom teachers could also use individual stations and task cards inside their classrooms (perhaps as a reward) or outside in a playing area such as a playground or paved area. The PE Stations and Task Cards have been designed for Kindergarten through 6th grade students.



The stations can be easily set up in your gym, classroom or outside playing area, using basic equipment most physical education teachers or elementary/middle schools would have in their storage closet. Each station was created to provide multiple skill development situations with students working “alone” or with “partners”. The skills learned through these stations will allow the students to perform better in PE lead up games in a variety of sports and other PE-based activities.

Setting up the Stations



- Photocopy all the sheets in the packet
- Laminate the Station Signs and Task Cards
- You can laminate the station signs and cue cards back-to-back if you have cones that have a slot in the top and students can easily see both sides of the paper
- Place the 4 stations around your playing area with as much room in between each station as possible
- Give the stations a number order and rotate the students every 3 to 7 minutes (depending upon your time and number of stations you plan to use each lesson)
- Make sure there is enough equipment at each station so that each student has a ball and/or implement or one to share with a partner




A FREE SKILL STATIONS & TASK CARDS

BALLOON VOLLEY

CHALLENGES
USING THE PROPER VOLLEYING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. WORKING ALONE, TRY TO KEEP A BALLOON UP IN THE AIR.
2. USE BOTH HANDS AND DIFFERENT FINGERS AS YOU VOLLEY THE BALLOON.
3. TRY VOLLEYING THE BALLOON WITH YOUR HEAD, KNEES, AND FEET LIKE A SOCCER PLAYER.
4. WORK WITH A PARTNER TO VOLLEY THE BALLOON UP (USING YOUR HANDS) FOR AS LONG AS POSSIBLE.

STATION EQUIPMENT
ENOUGH BALLOONS FOR EACH STUDENT



BALL TYPE: DIFFERENT SIZED BALLOONS

Volleying an Object- Task Card

PLAYGROUND BALL SELF-CATCHING CHALLENGES


Catching in the Air



Catching in the Air Task Card

OBSTACLE DRIBBLE


Dribbling and Ball Control



Dribbling and Ball Control- Task Card

STATIONARY DRIBBLING

Dribbling with Hands



Dribbling with Hands- Task Card

BALLOON VOLLEY

Volleying an Object



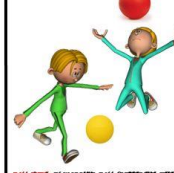
Volleying an Object Task Card

PLAYGROUND BALL SELF-CATCHING CHALLENGES

CHALLENGES
USING THE PROPER CATCHING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. TOSS THE BALL UP IN THE AIR, LET IT BOUNCE AND THEN CATCH IT
2. TOSS AND CATCH THE BALL WITHOUT LETTING IT BOUNCE
3. THROW THE BALL TO THE GROUND, LET IT BOUNCE-THEN CATCH IT
4. TOSS THE BALL UP, LET IT BOUNCE, CLAP A FEW TIMES- THEN CATCH IT
5. TOSS THE BALL UP, LET IT BOUNCE, TURN AROUND- THEN CATCH IT

STATION EQUIPMENT
ENOUGH PLAYGROUND BALLS FOR EVERY STUDENT



BALL TYPE: PLAYGROUND BALL (DIFFERENT COLORS)


Catching in the Air Task Card

OBSTACLE DRIBBLE

CHALLENGES
USING THE PROPER DRIBBLING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. DRIBBLE AROUND THE OBSTACLES (SMALL CONES) WITHOUT TOUCHING THEM
2. USE BOTH FEET AS YOU DRIBBLE
3. USE THE INSIDE AND OUTSIDE PART OF YOUR FEET
4. TRY A FULL "REVOLUTION" AROUND A CONE AS YOU PASS AROUND IT
5. IF THE BALL TOUCHES AN OBSTACLE, YOU MUST DO 5 PUSHUPS OR 5 JUMPING JACKS

STATION EQUIPMENT
ENOUGH SOCCER BALLS FOR EACH STUDENT
NEED SEVERAL SMALL CONES



BALL TYPE: SOCCER BALLS OR PLAYGROUND BALLS


Dribbling and Ball Control- Task Card

STATIONARY DRIBBLING

CHALLENGES
USING THE PROPER DRIBBLING CLUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. STAY IN ONE SPOT AND PRACTICE DRIBBLING WITH YOUR DOMINANT HAND FIRST AND THEN SWITCH IT OVER TO YOUR NON-DOMINANT HAND
2. DRIBBLE 5 TIMES WITH YOUR RIGHT, THEN SWITCH IT OVER AND DRIBBLE 5 TIMES WITH YOUR LEFT
3. DRIBBLE SLOWLY AT WAIST LEVEL THEN BEND YOUR KNEES AND AND DRIBBLE FAST AND LOW

STATION EQUIPMENT
ENOUGH BASKETBALLS OR PLAYGROUND BALLS FOR EACH STUDENT

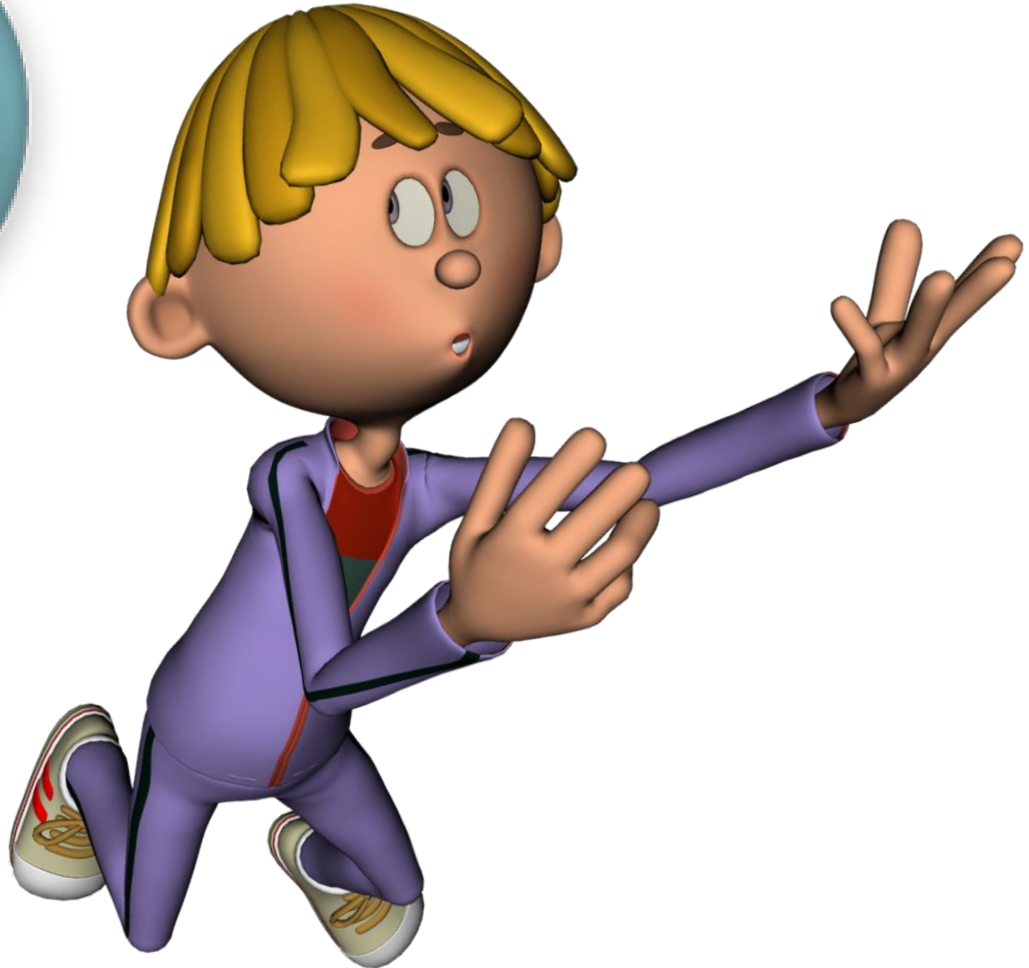
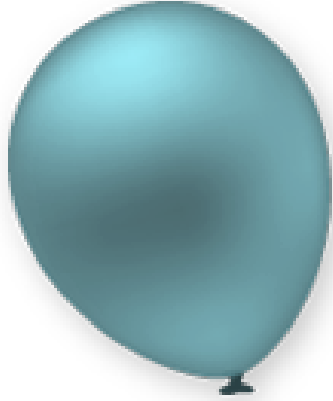


BALL TYPE: BASKETBALLS OR PLAYGROUND BALLS

Dribbling with Hands- Task Card

BALLOON VOLLEY

Volleying an Object



BALLOON VOLLEY

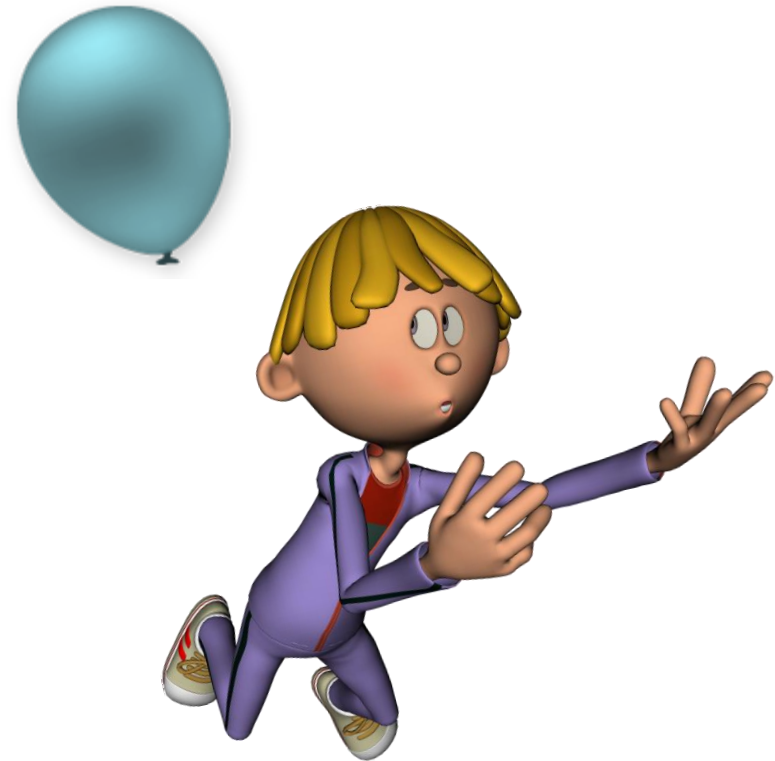
CHALLENGES

USING THE PROPER VOLLEYING CUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. WORKING ALONE, TRY TO KEEP A BALLOON UP IN THE AIR
2. USE BOTH HANDS AND DIFFERENT FINGERS AS YOU VOLLEY THE BALLOON
3. TRY VOLLEYING THE BALLOON WITH YOUR HEAD, KNEES, AND FEET LIKE A SOCCER PLAYER
4. WORK WITH A PARTNER TO VOLLEY THE BALLOON UP (USING YOUR HANDS) FOR AS LONG AS POSSIBLE

STATION EQUIPMENT

ENOUGH BALLOONS FOR EACH STUDENT

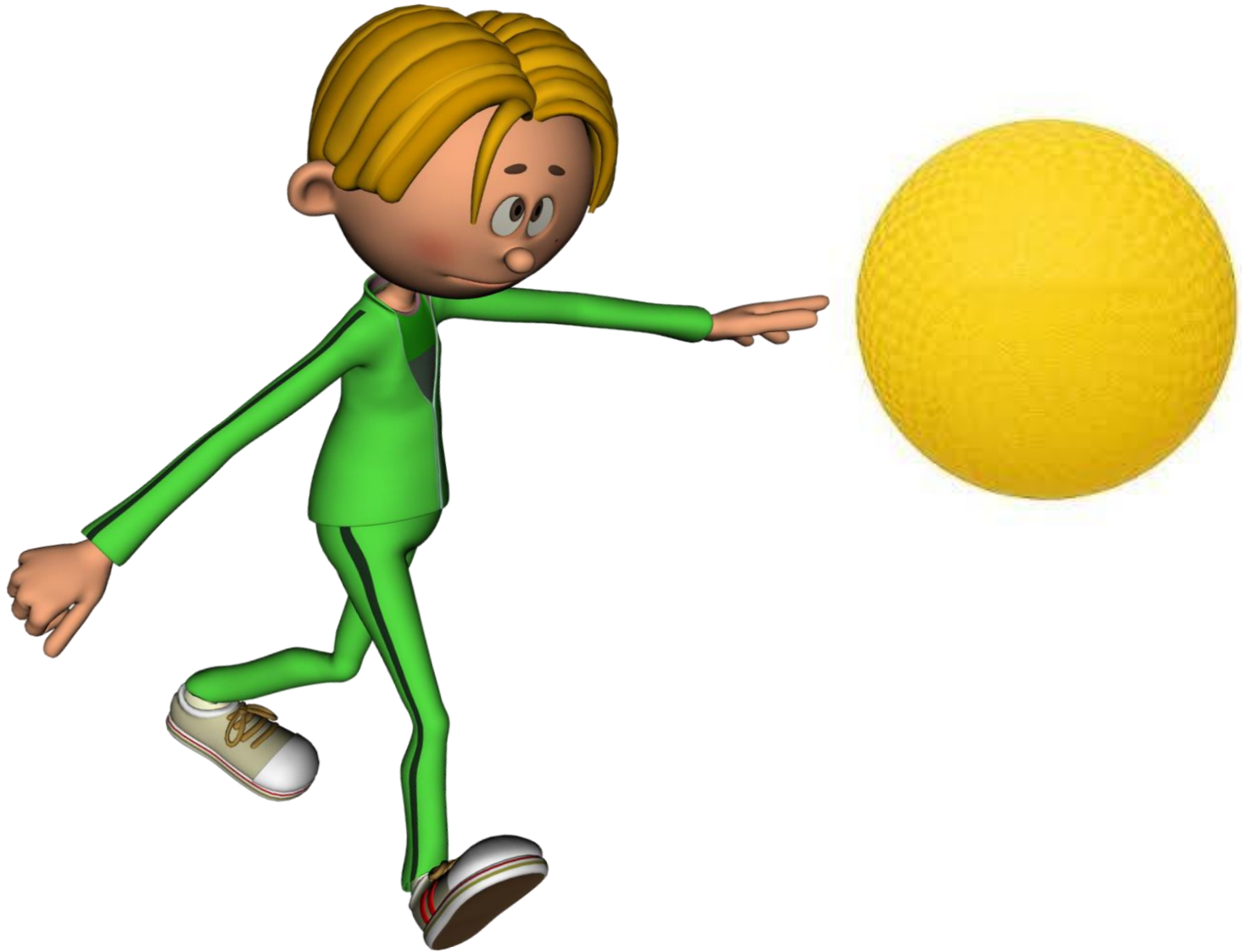


BALL TYPE: DIFFERENT SIZED BALLOONS

Volleying an Object- Task Card

PLAYGROUND BALL SELF-CATCHING CHALLENGES

Catching in the Air



PLAYGROUND BALL SELF-CATCHING CHALLENGES

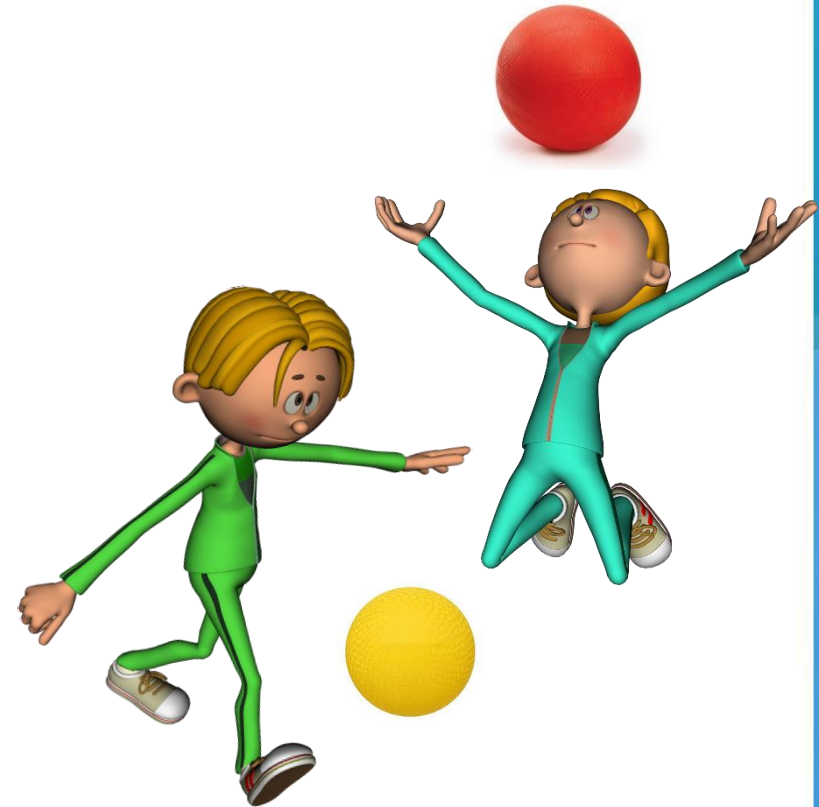
CHALLENGES

**USING THE PROPER CATCHING CUES,
ATTEMPT THE FOLLOWING CHALLENGES:**

1. TOSS THE BALL UP IN THE AIR, LET IT BOUNCE AND THEN CATCH IT
2. TOSS AND CATCH THE BALL WITHOUT LETTING IT BOUNCE
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5. TOSS THE BALL UP, LET IT BOUNCE, TURN AROUND- THEN CATCH IT

STATION EQUIPMENT

**ENOUGH PLAYGROUND BALLS
FOR EVERY STUDENT**



BALL TYPE: PLAYGROUND BALL (DIFFERENT SIZES)



Catching in the Air



Task Card

OBSTACLE DRIBBLE

Dribbling and Ball Control



OBSTACLE DRIBBLE

CHALLENGES

USING THE PROPER DRIBBLING CUES, ATTEMPT THE FOLLOWING CHALLENGES:

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5. IF THE BALL TOUCHES AN OBSTACLE, YOU MUST DO 5 PUSHUPS OR 5 JUMPING JACKS



STATION EQUIPMENT

*ENOUGH SOCCER BALLS FOR EVERY STUDENT.
ALSO, SEVERAL SMALL CONES*



BALL TYPE: SOCCER BALLS OR PLAYGROUND BALLS

STATIONARY DRIBBLING



Dribbling with Hands

STATIONARY DRIBBLING

CHALLENGES

USING THE PROPER DRIBBLING CUES, ATTEMPT THE FOLLOWING CHALLENGES:

1. **STAY IN ONE SPOT AND PRACTICE DRIBBLING WITH YOUR DOMINANT HAND FIRST AND THEN SWITCH IT OVER TO YOUR NON-DOMINANT HAND**
2. **DRIBBLE 5 TIMES WITH YOUR RIGHT, THEN SWITCH IT OVER AND DRIBBLE 5 TIMES WITH YOUR LEFT**
3. **DRIBBLE SLOWLY AT WAIST LEVEL THEN BEND YOUR KNEES AND AND DRIBBLE FAST AND LOW**



STATION EQUIPMENT

ENOUGH BASKETBALLS OR PLAYGROUND BALLS FOR EVERY STUDENT



BALL TYPE: BASKETBALLS OR PLAYGROUND BALLS

The clip art used in these Free PE Skill Stations And Task Cards was obtained from the following vendors:

From Teachers Pay Teachers

1. awaywiththepixels-

<http://www.teacherspayteachers.com/Store/Awaywiththepixels>

Other Sources

1. Animation Factory- <http://www.animationfactory.com/en/>



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4 Free PE Stations and Task 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.

