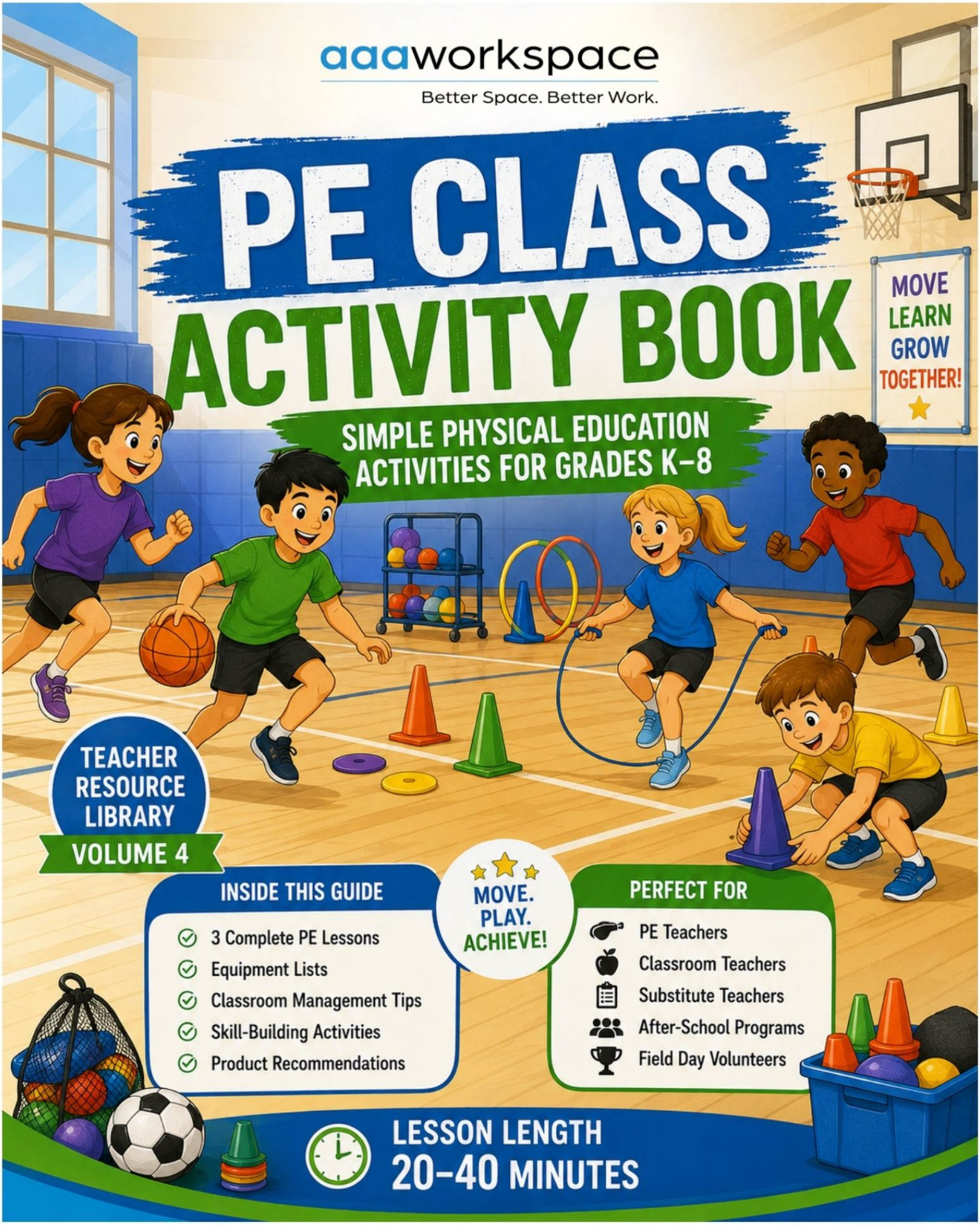


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PAGE 2

MOVE
LEARN
GROW
TOGETHER!

Building Confidence Through Movement



- Physical education is about much more than sports. Every lesson gives students the opportunity to build confidence, develop healthy habits, strengthen teamwork, and improve coordination while having fun.
- The best PE lessons are active, organized, and inclusive. By offering activities with multiple skill levels, every student can participate and experience success.
- Whether you're teaching a full PE class or leading a quick movement session, these activities are designed to keep students engaged while practicing important physical and social skills.

Students Develop

- Coordination
- Fundamental Movement Skills
- Teamwork
- Balance & Control
- Physical Fitness
- Confidence

Equipment You'll Need

- Playground Balls
- Cones
- Bean Bags
- Jump Ropes
- Hula Hoops
- Floor Markers
- Stopwatch
- Whistle (optional)

Teacher Tip



Begin every lesson with a quick explanation and demonstration. Students are more successful when they can see the activity before they try it.

Lesson 1
Color Cone Relay

MOVE LEARN GROW TOGETHER!

BE ACTIVE HAVE FUN!



Objective

Practice teamwork, agility, and listening skills through a fast-paced relay activity.

Equipment



Colored Cones



Playground Balls (optional)

Setup

- Arrange cones of different colors around the gym or playground.
- Divide students into equal teams.



How to Play

1. Call out a cone color.
2. The first student races to touch the matching cone.
3. Return and tag the next teammate.
4. Continue until everyone has completed the relay.



Teacher Tips

Mix walking, skipping, hopping, or side-stepping between rounds.

Encourage cheering and positive teamwork rather than focusing only on speed.



Extend the Lesson



Have students call out the next color or movement to increase participation.



ACTIVE KIDS • STRONGER BODIES • TEAMWORK • CONFIDENCE

PAGE 4

Lesson 2

Bean Bag Target Toss

BE ACTIVE HAVE FUN!



Objective

Improve hand-eye coordination, accuracy, and friendly competition.

Equipment



Bean Bags



Hoops



Buckets



Floor Targets

Setup

- Arrange several targets with different point values.



How to Play

1. Students toss bean bags from increasing distances.
2. Award points for successful throws.
3. Rotate through several target stations.



Teacher Questions

- What throwing technique worked best?
- How did changing the distance affect your accuracy?
- What was the most challenging target?



Extend the Lesson

- Allow students to design their own target course.



PLAY! PRACTICE! IMPROVE! HAVE FUN!

PAGE 5

BE ACTIVE HAVE FUN!

Lesson 3

Fitness Station Circuit

Keep every student active while practicing a variety of movement skills.



Rotate every 60 seconds.

Equipment


Jump Ropes


Floor Spots


Cones


Bean Bags


Foam Balls

Suggested Stations

STATION 1
Jump Rope



Jump for speed or count reps!

STATION 2
Balance Walk



Walk the line and maintain your balance!

STATION 3
Bean Bag Toss



Aim for the target and score points!

STATION 4
Cone Weaving



Weave in and out as fast as you can!

STATION 5
Stretch & Recover



Stretch your muscles and take deep breaths!

Teacher Tip



Play upbeat music during station rotations to keep students motivated and make transitions smoother.

Classroom Extension



Ask students to create a new fitness station for the class and explain what skill it helps develop.



MOVE MORE! FEEL STRONGER! HAVE FUN!

PAGE 6

Every Student Can Succeed

BE ACTIVE HAVE FUN!

- A successful PE class isn't about creating the fastest runner or the strongest athlete—it's about helping every student discover the joy of movement.
- By providing encouraging instruction, varied activities, and opportunities to work together, teachers create positive experiences that support lifelong healthy habits.



Recommended Equipment



Playground Balls



Bean Bags



Cones



Jump Ropes



Hula Hoops



Floor Markers



Stopwatches



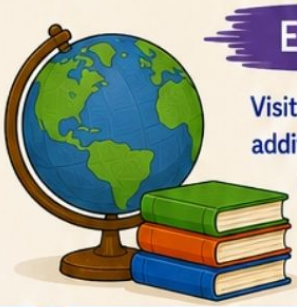
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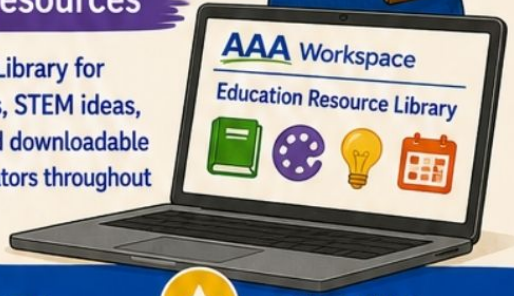
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MOVE MORE! FEEL STRONGER! HAVE FUN!