

Printable station cards

01

• Bounce & hit into hoops •

02

• Bounce ball up & down •

03

• Balance ball on racket & move •

04

• Forward rolls on the mats •

05

• Relay run around the circle •

06

• Run in & out of the cones •

07

• Hit onto the wall targets •

08

• Serve to knockdown the cone •

09

• Roll the ball •

10

• Forward rolls on the mats •

11

• Hoops and jumps in & out •

12

• Jump over the hurdles •

13

• Hit the ball off the cone •

14

• Hit the ball in & out of cones •

15

• Roll the ball •

16

• Dribble through the cones •

17

• Dribble in a circle •

18

• Hoops and jumps in & out •

19

• Jump over the hurdles •

20

• Penalty shoot into goal •

21

• Dribble in & out of cones •

22

• Kick into buckets •

23

• Knock down the pin •

24

• Free kicks into goal •

25

• Hoops and jumps in & out •

26

• Throw bean bags into the buckets •

27

• Bounce and avoid the cones •

28

• Bounce into the buckets •

29

• Kick into buckets •

30

• Knock down the pin •

31

• Free kicks into goal •

32

• Hoops and jumps in & out •

33

• Roll the ball into the buckets •

34

• Shoot into the buckets •

35

• Shoot into the buckets •

36

• Bounce off the wall and trap •

37

• Dribble and shoot •

38

• Kick to land in the zones •

39

• Hoops and jumps in & out •

40

• Throw the hoop up and catch •

41

• Bounce the ball through the legs •

42

• Bounce the ball low then high •

43

• Bounce, step over the ball then catch it •

44

• Sitting throw & catch •

45

• Trap the ball with the cone •

46

• Catch the ball in the cone •

Station score sheet.

Name: _____ Class: _____

1.	Bounce & hit into hoops	I bounced the ball in the hoops _____ times.
2.	Bounce ball up and down	I hit the ball _____ times.
3.	Balance ball on racquet and move	I carried _____ balls into the bucket.
4.	Hit onto the wall targets	I hit the ball inside the hoop _____ times.
5.	Serve to knockdown the cones	I knocked down _____ targets.
6.	Keep the balloon up	I hit the balloon _____ times.
7.	Hit the ball off the cone	I hit the wall _____ times.
8.	Hit the ball into the buckets	I hit _____ balls into the buckets.
9.	Tap the ball through the hurdles	I hit the ball through _____ hurdles.
10.	Penalty shoot into goal	I hit the ball into the goal _____ times.
11.	Dribble in & out of cones	I dribbled from start to finish _____ times.

Station score sheet.

Name: _____ Class: _____

1.	Forward rolls onto the mats	I did _____ forward rolls.
2.	Relay run around the circle	I ran all the way around _____ times.
3.	Run in & out of the cones	I ran from start to finish _____ times.
4.	Run through the ladder	I went through the ladder _____ times.
5.	Spin the hoops and jump in & out	I jumped in the hoop _____ times.
6.	Jump over the hurdles	I jumped over the hurdles _____ times.
7.	Jump on the spots	I jumped in the spots _____ times.
8.	Hop in the hoops to the other side	I hopped through to the end _____ times.
9.	Walk across the rope	I walked across the rope _____ times.
10.	Slide across the benches	We slid _____ sides _____ times.
11.	Slide across the benches	We slid _____ sides _____ times.
12.	Slide across the benches	We slid _____ sides _____ times.

Station score sheet.

Name: _____ Class: _____

1.	Dribble around the circle	I dribbled all the way around _____ times.
2.	Dribble through the gates	I dribbled through _____ gates _____ times.
3.	Dribble to the middle and back	I dribbled to the middle and back _____ times.
4.	Bounce & avoid the cones	I bounced _____ times around _____ cones.
5.	Bounce into the buckets	I bounced the ball into the buckets _____ times.
6.	Dribble through then shoot	I scored _____ times.
7.	Shoot into the buckets	I scored in the bucket _____ times.
8.	Shoot from the hoop into the buckets	I scored _____ times.
9.	Bounce onto the wall then catch	I bounced onto the wall _____ times.
10.	Bounce the ball through the hoops	I got to the other side _____ times.
11.	Bounce the ball low then high	I bounced the ball _____ times.

Individual score sheets

Station score sheet.

Name: _____ Class: _____

1.	Throw from hoops to hit the targets	I hit _____ targets.
2.	Balance on 1 leg & knock the balls	I knocked _____ balls off the cones.
3.	Throw bean bags into the buckets	I threw my bean bag into the targets _____ times.
4.	Throw at the wall targets	I caught the ball _____ times.
5.	Throw hoops over the cones	I threw my hoop _____ times over a witch hat.
6.	Roll the ball into the buckets	I rolled my ball in the bucket _____ times.
7.	Jump and catch in the air	I caught the ball in the air _____ times.
8.	Throw around in a circle	I caught the ball _____ times.
9.	Throw the hoop up and catch	I caught the hoop _____ times in the air.
10.	Sitting throw & catch	I caught the ball _____ times sitting down.
11.	Trap the ball with the cone	I trapped the ball _____ times with my witch hat.
12.	Catch the ball in the cone	I caught the ball _____ times in my witch hat.

The most fun station was station number _____.

The hardest station was station number _____.

Station score sheet.

Name: _____ Class: _____

1.	Roll the ball	I rolled the ball _____ times with my feet.
2.	Dribble through the cones	I dribbled through _____ gates.
3.	Dribble around the circle	I dribbled around the circle _____ times.
4.	Avoid the cones	I accidentally touched the cones _____ times.
5.	Drop, kick & catch	I kicked and caught the ball _____ times.
6.	Knee ups	I kneeed then caught the ball _____ times.
7.	Kick into buckets	I kicked my ball into the buckets _____ times.
8.	Knock down the pin	I hit the pin down _____ times.
9.	Free kicks into goal	I scored _____ goals.
10.	Bounce off the wall and trap	I trapped the ball _____ times.
11.	Dribble and shoot	I scored into the goal _____ times.
12.	Kick to land in the zones	My ball landed in the hoop _____ times.

The most fun station was station number _____.

The hardest station was station number _____.



Thank you so much for previewing the new Exploring PE stations pack.



I know you'll love what's inside, there's so much content available in it and your students will love your PE lessons!



60 PE stations

It's great way to give your students practice on their baseball, basketball, volleyball, tennis, hockey, handball, American football and soccer skills

Printable station cards

Print out and laminate the stations, stick them on the wall or on a cone at the station so the kids will know what do to, and you know what to set up!

Individual score sheets

Each kid can record the scores/points at the station – encouraging them to challenge themselves, but to also help with their reading comprehension and counting skills!

ONLINE VIDEOS

You'll now get a private link to a playlist where you can watch all 60 stations - I've set up and recorded each station to show your kids, explaining what they need to do - That means even less hassle for you to worry about!

