



# PE MOVEMENT STATION CARDS



## 1 JOG & CHANGE





 Jog around the space. Change speed when you hear the signal.

 30–60 seconds

## 2 STAR JUMPS





 Do star jumps with control and a big range of movement.

 30–60 seconds

## 3 HOP ON ONE FOOT





 Hop on one foot. Switch feet halfway through.

 30–60 seconds

## 4 LUNGE WALK





 Step forward into a lunge. Alternate legs as you travel.

 30–60 seconds

## 5 CRAB WALK





 Lift hips up and walk forwards or backwards.

 30–60 seconds

## 6 BEAR CRAWL





 Stay low and crawl forwards across the space.

 30–60 seconds

## 7 SIDE SHUFFLE





 Shuffle sideways to the other side and back.

 30–60 seconds

## 8 HIGH KNEES





 Run on the spot and lift your knees high.

 30–60 seconds

## 9 PLANK HOLD





 Hold a strong plank with a straight body line.

 20–45 seconds

## 10 BALANCE HOLD





 Balance on one foot. Switch legs halfway through.

 20–45 seconds

## 11 THROW & CATCH





 Work with a partner. Throw and catch with control.


 30–60 seconds

## 12 COOL DOWN STRETCH




 Stretch your muscles and take calm, deep breaths.

 30–60 seconds

 **FOCUS** What you are working on.

 **GROUP** Work alone or with others.

 **TIME** Suggested time for the activity.