

PE · GRADES 2–3

# Multi-Skills Stations

Six stations × 5 minutes

## Station rotation

<p><b>Station 1 — Target Throwing</b></p> <p>Three buckets at increasing distances. Pupils take 5 throws and record their score. Underarm only.</p>	<p><b>Station 2 — Partner Catching</b></p> <p>Pairs face each other 3 m apart. Aim for 20 clean catches. Step back 1 m every time you reach 10.</p>
<p><b>Station 3 — Balance Beam</b></p> <p>Walk forwards, backwards, sideways and on tiptoes. Add a beanbag on the head for challenge.</p>	<p><b>Station 4 — Agility Ladder</b></p> <p>Two-feet-in, one-foot-in, side-shuffle. Three runs through each pattern.</p>
<p><b>Station 5 — Kicking Targets</b></p> <p>Pass the ball through cone goals 3 m wide. Use both feet. Aim for 8 clean passes.</p>	<p><b>Station 6 — Dribbling Slalom</b></p> <p>Cones in a line, 1 m apart. Dribble with a soccer/basketball. Time over 3 attempts.</p>

## Teacher notes

5 minutes per station. Whistle to rotate. Plan groups of 3–4 for maximum activity time. Equipment laid out before pupils arrive.

