



'Station' teaching

The use of 'stations' is appropriate in teaching games, gymnastics, outdoor and adventure activities, athletics or aquatics. This is a framework which allows maximum numbers of children to participate, providing opportunities for continuous practice for groups working on different tasks at the same time. It is particularly useful where equipment is limited.

Children work with specific equipment, practising certain skills or playing designated games. The class may consist of six to eight groups. After a given time (30 seconds to 5 minutes, according to the activity being completed) they move on to another 'station' or point to practise a different set of skills or play different games.

Exemplar 3 illustrates this approach being implemented in the athletics lesson.

Taken from Physical Education Teacher Guidelines page 51

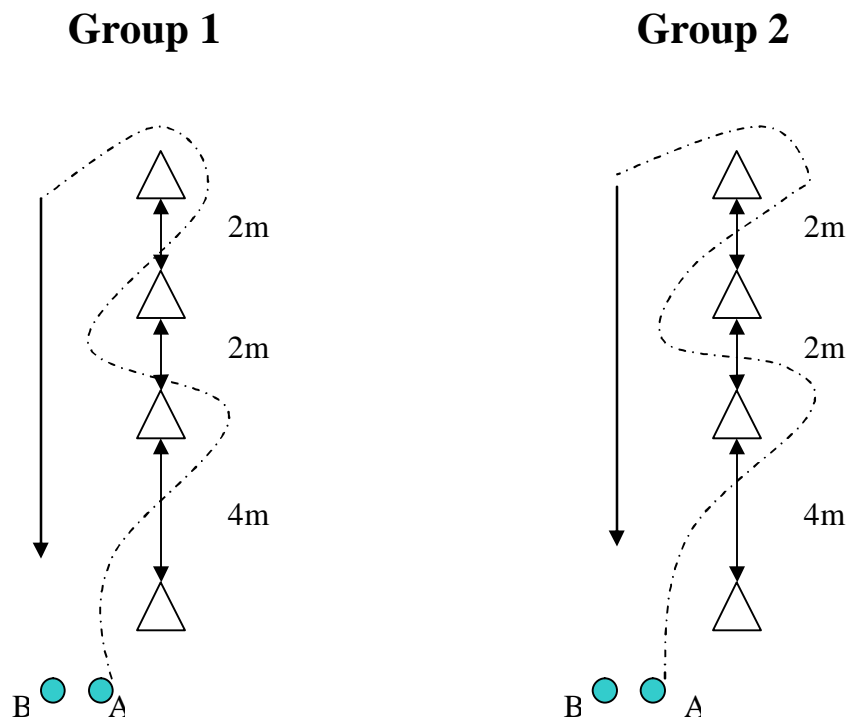
On the following pages are the Stations used during the seminar day facilitated by the PCSP trainers. Any of these stations can be adapted to make them easier for Junior Classes or more difficult for Senior Classes.



KICKING

Equipment: 8 cones, 2 balls

Diagram:



Instructions: Divide into 2 groups
Set the equipment out as shown in the diagram above
'A' dribbles the ball from starting cone, in and out between the three cones in the line. When 'A' reaches the final cone, 'A' passes (kicks) the ball along the ground to person 'B' and runs back to starting cone. Person 'B' repeats.

Continue

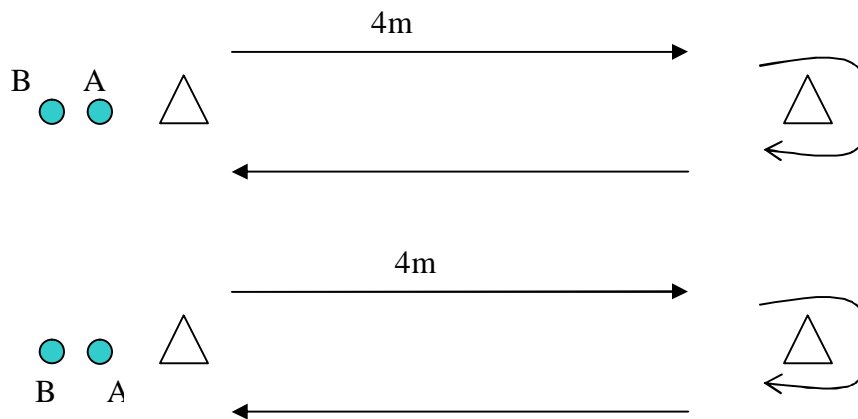
Group 2 does the same drill



CARRYING

Equipment: 4 cones, 2 large balls

Diagram:



Set out the equipment as shown in the diagram. Divide into 2 groups.

Instructions: A runs out to cone hopping the ball once on the way out. Hop the ball at the cone and fist pass to B. A runs back to starting position. B repeats. Continue. Each group does the same drill.



CREATING A GAME

Equipment: Small ball, hoop, 2 cones

Diagram:

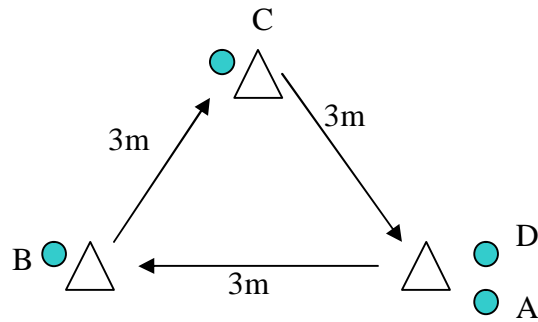
Instructions: Create a simple game using the equipment provided.



BALL HANDLING

Equipment: 3 cones, 1 rugby ball

Diagram:



Instructions: Set out the equipment as shown in the diagram. Form a triangle with 3 cones 3m apart. A passes ball to B and follows the pass, B passes ball to C and follows the pass C passes to D and follows the pass. Continue.

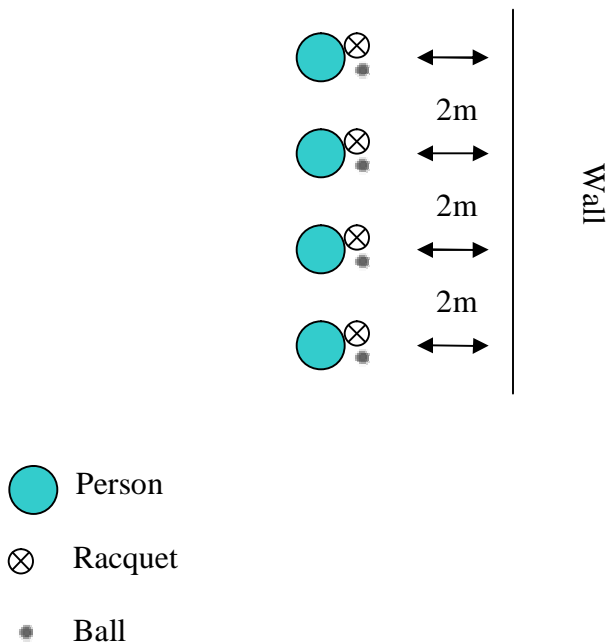
NOTE: (Maximum of 4 at this station).



STRIKING

Equipment: 4 racquets/bats, 4 sponge balls

Diagram:



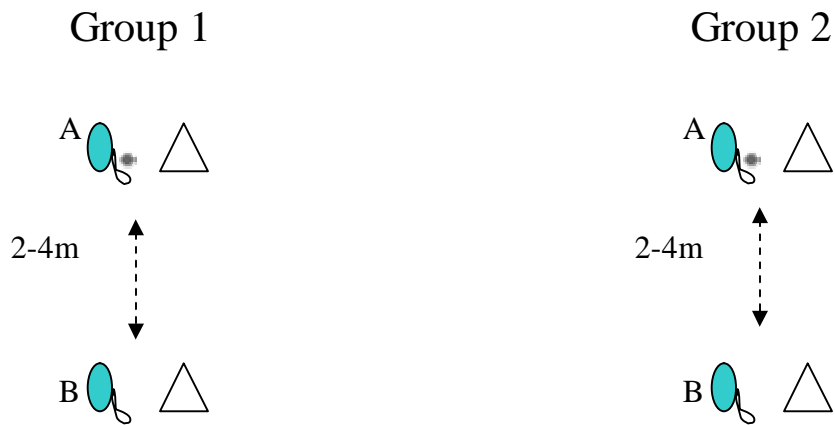
Instructions: Each person takes a racquet/bat and a small sponge ball. Standing 2m from the wall each person bounces the ball on the ground and using the racquet strikes the ball in air towards the wall. When the ball rebounds from the wall, allow one bounce and then strike the ball towards the wall again. Continue.



STRIKING

Equipment: 4 unihoc sticks, 2 pucks, 4 cones

Diagram:



Instructions: Divide into groups of 2. Set equipment out as shown in the diagram.

A strikes (passes) puck to B
B controls (stops) puck and returns pass to A.
Continue.

Each group does the same drill.