

# Playground Games Stations

outside

Action Schools! BC



4 to 7

Every school can have a Playground Games Stations. Equipment required is:

- 1-2 hula hoops
- 2 long skip ropes
- 2 Elastic jump ropes
- 2 short skip ropes
- 10-12 bean bags
- cones

**HEALTH COMPONENTS OF FITNESS**

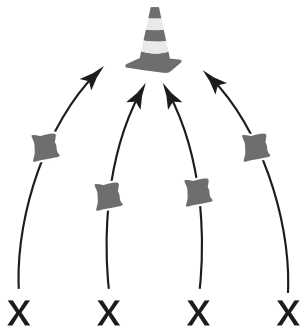
ENDURANCE  
FLEXIBILITY  
STRENGTH

RUNNING  
SKIPPING

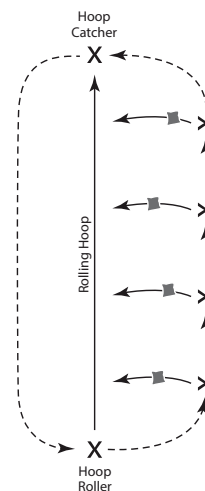
**FUNDAMENTAL MOVEMENT SKILLS**

Healthy Heart

**1 Sticks**  
Try under hand and over hand throw.



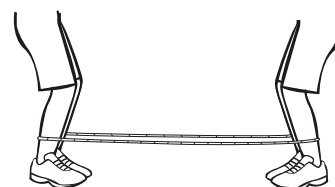
**3 Hoop-and-Pole**  
Take turns rolling and throwing.



**2 Skipping Rope**  
Practise short or long rope skipping.



**4 Elastic Jump Rope**  
Count successful sequences.



Adapted from *Dene Games: Cultural & Resource Manual*, 1999