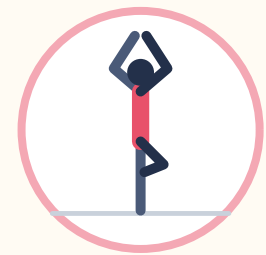


PHYSICAL EDUCATION

K-5

Fitness Station Task Cards

30 illustrated exercise cards with easier and harder versions for every student.



WHAT'S INCLUDED

- 30 full-color station cards (2 per page)
- Easier and harder version on every card
- Cardio, strength, core, flexibility, agility, balance
- Recording sheet for grades 3-5
- Timing guide for K-2 and 3-5

1

JUMPING JACKS

CARDIO



EASIER

Step-out jacks

HARDER

Seal jacks (clap in front)

K-2: 30-45 seconds • 3-5: 45-60 seconds

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2

WALL PUSH-UPS

STRENGTH



EASIER

Feet close to the wall

HARDER

Knee or full push-ups

K-2: 30-45 seconds • 3-5: 45-60 seconds

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3

CURL-UPS

CORE



EASIER

Knee taps

HARDER

Curl-up with a 2-second pause

K-2: 30-45 seconds • 3-5: 45-60 seconds

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4

BUTTERFLY STRETCH

FLEXIBILITY



EASIER

Sit tall and breathe

HARDER

Lean forward gently

K-2: 30-45 seconds • 3-5: 45-60 seconds

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5

HIGH KNEES

CARDIO



EASIER

Marching knees

HARDER

Fast high knees

K-2: 30-45 seconds • 3-5: 45-60 seconds

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6

SQUATS

STRENGTH



EASIER

Sit to a chair and stand

HARDER

Squat with a jump

K-2: 30-45 seconds • 3-5: 45-60 seconds

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7

BEAR CRAWL

STRENGTH

EASIER

Bear hold in place



HARDER

Bear crawl backward

K-2: 30-45 seconds • 3-5: 45-60 seconds

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8

CRAB WALK

STRENGTH

EASIER

Crab hold in place



HARDER

Crab walk with a kick

K-2: 30-45 seconds • 3-5: 45-60 seconds

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