

# Pop-up Activity Stations

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

A variety of physical activity stations requiring no equipment are placed throughout the school or in specific activity areas in order to create a useable pop-up physical activity workout.

## Why Do It?

It's time to move! Participate in a pop up activity station to promote physical activity during the school day.

## How Do We Do It?

Student leaders organize a variety of stations and display them throughout common areas of the school or activity area(s).

These stations are for activities that students and teachers are familiar with and which require no equipment.

Student leaders invite others to participate in the stations at times that are appropriate to the school day, including before, during, and after school or during a class.

## What Else Do We Need?

Station cards

## How Do We Get Creative?

Create videos of station instructions to be played over social media.

Student leaders can support classrooms by demonstrating moves.

Provide options in the physical activities to include more and less challenging options.

Provide students with a "passport" to help them track and celebrate their participation.

Challenge students to try as many fundamental movement skills as possible.