THE PE HUB

Christmas PE Circuits

Eight festive station cards to print and place around your hall



CHRISTMAS PE CIRCUITS • STATION 1

1 Santa's Sack Shuttle

EQUIPMENT

- Beanbags
- Hoops or cones

HOW TO PLAY

Children carry one "present" (beanbag) at a time from Santa's workshop to his sleigh.



CHALLENGE How many presents can your team deliver in one minute?

2

Reindeer Jumps

EQUIPMENT

- Hoops or floor spots

HOW TO PLAY

Jump from hoop to hoop without touching the "snow".



CHALLENGE Try one-footed jumps or increase the distance.

CHRISTMAS PE CIRCUITS • STATION 3

3 Snowball Target Throw

EQUIPMENT

- Beanbags
- Buckets or hoops

HOW TO PLAY

Throw “snowballs” into Santa’s bucket.
Different targets can score different points.



4

Elf Agility Run

EQUIPMENT

- Cones

HOW TO PLAY

Weave through the cones as quickly as possible before returning.



5

Penguin Balance Walk

EQUIPMENT

- Beanbag

HOW TO PLAY

Balance a beanbag on your head while walking around a marked course.
If it falls, simply replace it and continue.



6

Chimney Crawl

EQUIPMENT

- Benches, mats or tunnels

HOW TO PLAY

Bear crawl underneath the obstacles before returning to the start.



7

Candy Cane Balance

EQUIPMENT

- Balance beam or line

HOW TO PLAY

Walk carefully along the line while balancing a beanbag on your hand.



CHRISTMAS PE CIRCUITS • STATION 8

8

Christmas Star Fitness

NO EQUIPMENT NEEDED

COMPLETE

- 10 Star Jumps
- 10 Squats
- 10 Mountain Climbers
- 10 High Knees



CHALLENGE Repeat until time is called!