HALLOWEEN PE STATIONS

Six spooky station cards for your Halloween PE lesson • KS1 & KS2



Moving PE Forward

thepehub.co.uk

STATION 1



Pumpkin Bowling

How to play

- Set out six skittles or cones as ghost pins at the end of each lane.
- Players roll their pumpkin (or an orange ball) to knock down as many pins as they can.
- Two rolls each, count your pins, then reset the lane for the next bowler.

Equipment

Orange balls

Skittles / cones

Spot markers

MAKE IT EASIER

Use a bigger ball and shorten the lane.

MAKE IT HARDER

Use a smaller ball, or add a cone gate to roll through halfway.

STATION 2



Ghost Balloon Volley

How to play

- In pairs or threes, keep your ghost balloon off the floor using hands, head or knees.
- Count your longest rally as a team.
- Spooky match: volley the ghost back and forth over a bench or net.

Equipment

White balloons

Bench or net (optional)

Cones for the court

MAKE IT EASIER

Allow the balloon to bounce once between touches.

MAKE IT HARDER

One touch each, no repeats — or add a second ghost!

STATION 3



Witch Hat Ring Toss

How to play

- Set out three witch hats (cones) at different distances from the throwing line.
- Take turns tossing rings over the hats: near hat 1 point, middle 2 points, far hat 3 points.
- Five throws each — who can brew up the biggest score?

Equipment

Cones / witch hats

Quoits or rings

Throwing line marker

MAKE IT EASIER

Move the line closer and use bigger rings.

MAKE IT HARDER

Throw with your non wand hand (non-dominant) only.

STATION 4



Spider Web Agility Ladder

How to play

- Travel through the spider web (agility ladder) without touching the sticky strands.
- Round 1: two feet in every square. Round 2: hopscotch. Round 3: side steps.
- Finish with a spider crawl to the end cone before joining the back of the queue.

Equipment

Agility ladder (or chalk web)

Cones

MAKE IT EASIER

Walk each pattern slowly with big careful steps.

MAKE IT HARDER

Speed it up, or try in-in-out-out feet.

STATION 5



Zombie Shuttle Run

How to play

- Mark out two graveyard lines 10–15 metres apart.
- Zombie-walk out to the far line, grab one brain (beanbag), then sprint back.
- Keep going until time is up — the runner with the most brains wins!

Equipment

Cones for lines | Beanbags | Hoop to drop brains into

MAKE IT EASIER

Shorten the distance between the lines.

MAKE IT HARDER

Add a third line further away worth two beanbags.

STATION 6



Cauldron Beanbag Throw

How to play

- Place a cauldron (bucket, box or hoop) in the middle of the station.
- Throw potion ingredients (beanbags) in from three spots: near 1 point, middle 2, far 3.
- Round 1 underarm, round 2 overarm. Add up your potion points!
- Make sure you are calling out the name of your ingredient when you throw.

Equipment

Bucket / box / hoop

Beanbags

Three spot markers

MAKE IT EASIER

Move the spots closer or use a bigger cauldron.

MAKE IT HARDER

Smaller target, or throw with your weaker hand.