

PE FORMATIONS



2017

THANKS FOR THE PURCHASE

PLEASE PROVIDE FEEDBACK

FOLLOW ME

MR CLARK'S



CHECK OUT MY NEW SITE

WWW.MRCLARKSPE.COM

PE FORMATIONS 50

USE FLOOR TAPE/CONES TO CREATE

USE AS:

WARM-UPS

SKILLS AND DRILLS

STATIONS

FITNESS TESTING

SPORT UNITS

SMALL-SIDED ACTIVITIES

LARGE GROUP GAMES

Use these diagrams/formations as a strong resource when deciding the layout/organization and set-up of any part of your PE curriculum while always putting spacing and student safety first. These images will enhance and make activities seem new/different while also giving you some new perspectives on how to bring your own activities to life.

O'S

OPEN LAYOUT

X'S

O'S

DIVIDE TEAMS

X'S

XIS

DIVIDE TEAMS

OIS

O'S

X'S

DIVIDE TEAMS

O'S


X'S



ZONE 1

ZONE 2

ZONE 3



ZONE 1

ZONE 2

ZONE 3

ZONE 4

TARGETS

X'S

O'S

SKILL

STATION

GAME

CHALLENGE

FITNESS

1

2

3

SKILLS/DRILLS/ACTIVITIES

4

5

6

PARTNERS

TARGETS

HOOPS/PINS/BUCKETS/ETC.

PARTNERS

SKILL

MOVEMENT

FITNESS

ACTIVITY

PARTNERS

PARTNERS

PARTNERS

PARTNERS

PARTNERS

PARTNERS

TARGETS

CATCH AND JOIN

X'S

X

**Y'S
DEFENDERS**

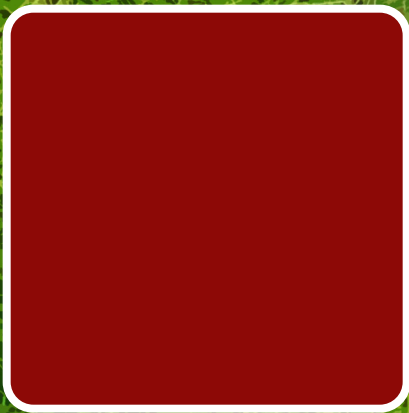
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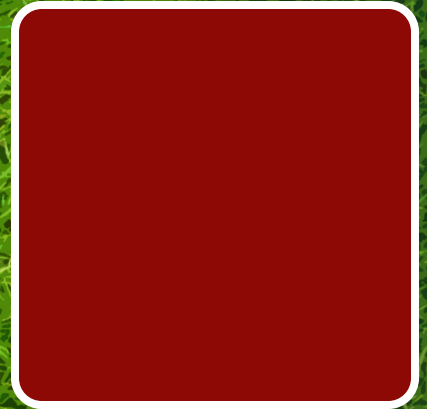
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CATCH AND JOIN

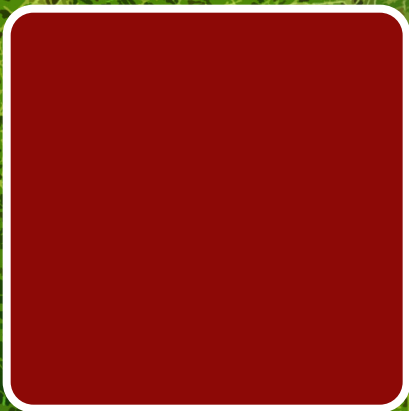


DIVIDE TEAMS





DIVIDE TEAMS



GOALS

STATIONS

OPEN PLAYING ZONE

GUARDING OBJECTS

SKILLS/CHALLENGES

4

**CUP STACKING
SPORTS**

3

EQUIPMENT CHALLENGES

**CHAMPION
ZONE**

STUDENTS START IN ZONE 1

**MOVE UP A ZONE IF SKILL PERFORMED OR WIN
BACK A ZONE IF DEFEATED**

1

2

GOAL

GOAL

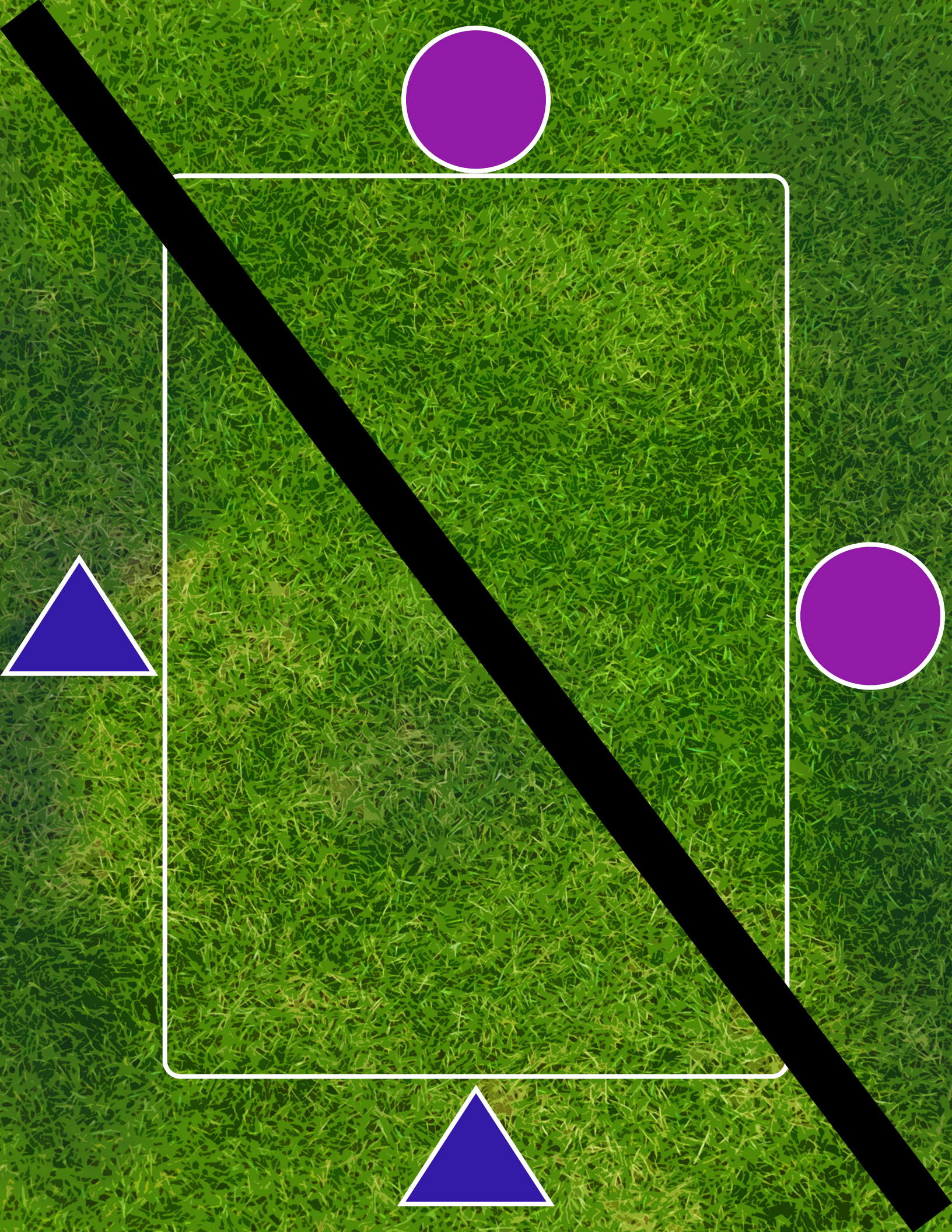
PINNIE PLAYERS

GOAL

GOAL

O'S

X'S



GOAL

O'S

X'S

GOAL

O'S

X'S

O'S

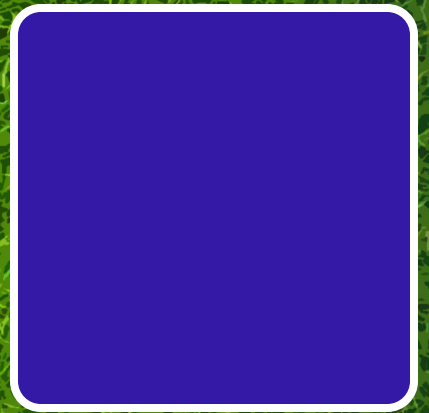
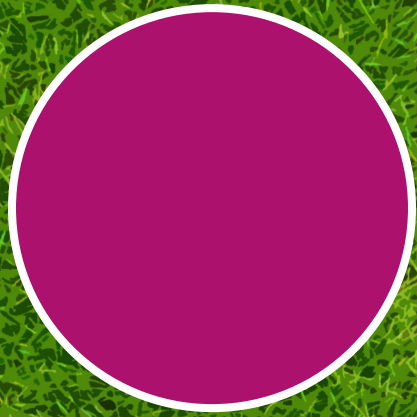
X'S



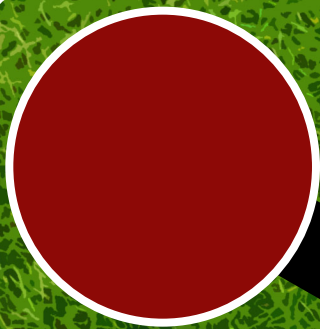


GAME 1

GAME 2



GAME 1



TARGET



GAME 2



TARGET



JOG DOWN SIDELINE

RESTART

SKILL PERFORMED

5

4

3

2

1

**STUDENTS START ON LINE 1
THEY MOVE UP A LINE IF SKILL PERFORMED**

JOG DOWN SIDELINE

RESTART

SKILL PERFORMED

5

4

3

2

1

**STUDENTS START ON LINE 1
THEY MOVE UP A LINE IF SKILL PERFORMED**

5

5

4

4

3

3

2

2

1

1

RACES

START LINE

GOAL

O

X

X

O

O

X

X

O

GOAL

FITNESS/STATIONS/ROTATION

SMALL/LARGE GROUP

FITNESS/STATIONS/ROTATION

SMALL/LARGE GROUP

X

X

O

O

3

4

X

X

O

O

X

X

O

O

1

2

X

X

O

O

X
X
X
X

GAME 1

O
O
O
O

X
X
X
X

GAME 2

O
O
O
O

X
X
X
X

1 GAME

O
O
O
O

X
X
X
X

1 DIFFERENT GAME

O
O
O
O

SIDELINES

ROTATE IN

CALL # OF STUDENTS TO ENTER

EACH STUDENT

X
X
X
X
X
X
X
X
X

O
O
O
O
O
O
O
O

PLAYING ZONE

RUN

SKIP

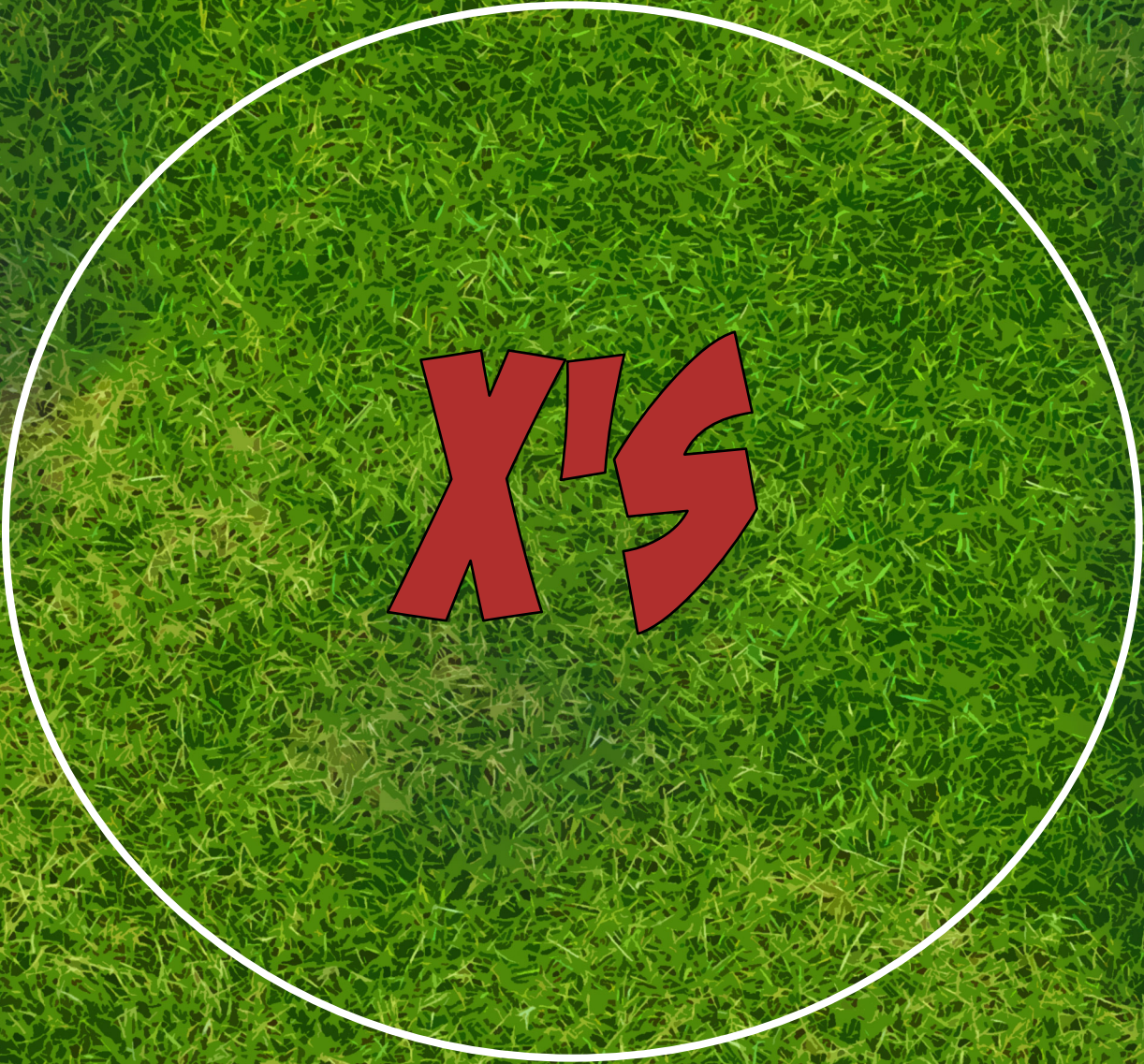
**STAY IN FORMATION
SWITCH ON WHISTLE**

JUMP ROPE

PERFORM SKILL

O'S

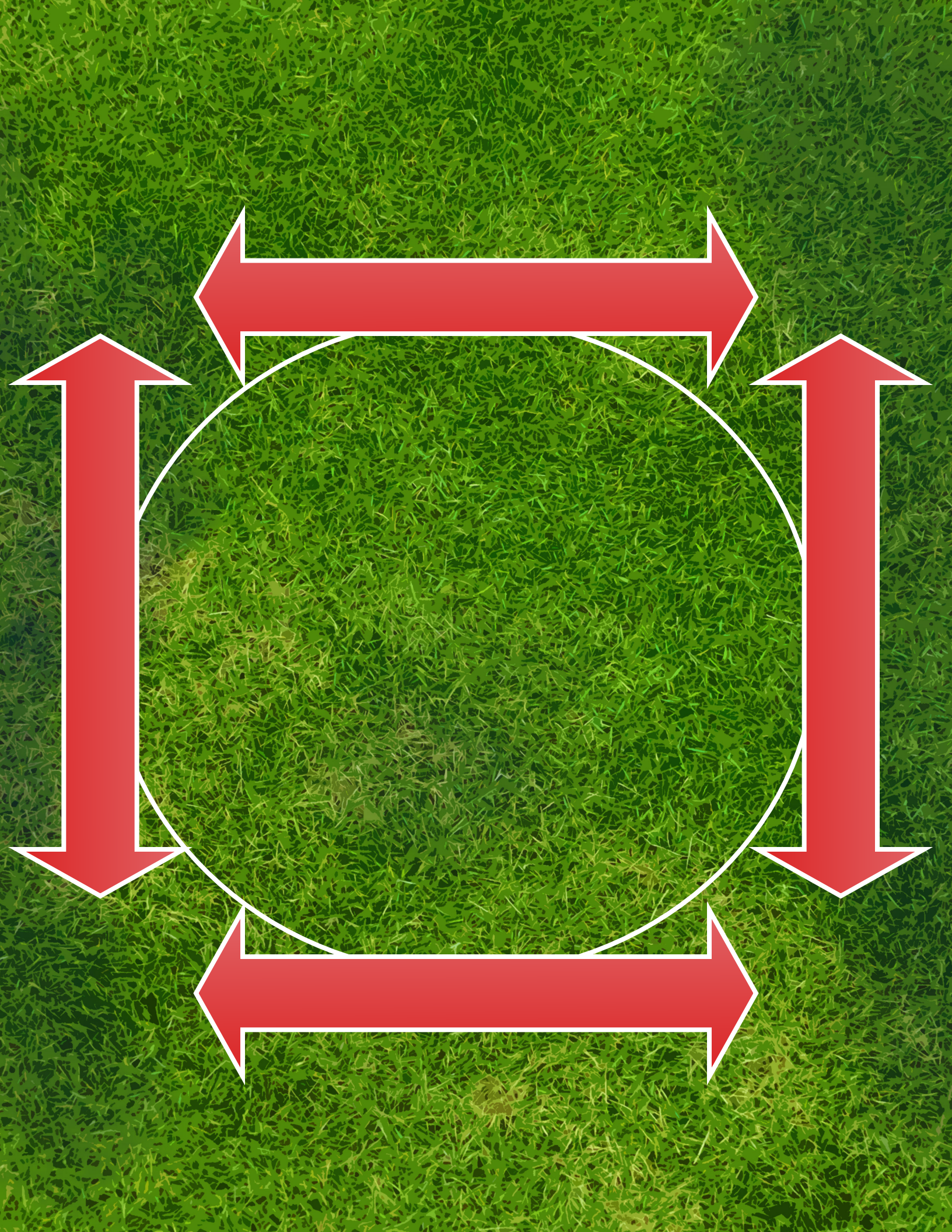
O'S



X'S

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S'X

GAME 1

GAME 2

GAME 3

GAME 4



GAME 1



GAME 2

IN ACTIVITY

SKILL/WAITING ZONE

TEAM 3

TEAM 4

TEAM 2

TARGET

TEAM 1

3

LOSE=GO BACK

WIN=ADVANCE

4

2



EXERCISE/DANCE MOVE



PERFORM EXERCISE

SKILL

COMPETITION

1

PLAYERS START AT 1

LARGE GROUP ACTIVITY

