

# PE FORMATIONS



**MR. CLARK'S**  
PHYSICAL EDUCATION STORE

**THANKS FOR THE PURCHASE**

**PLEASE PROVIDE FEEDBACK**

**FOLLOW ME**

**MR CLARK'S**

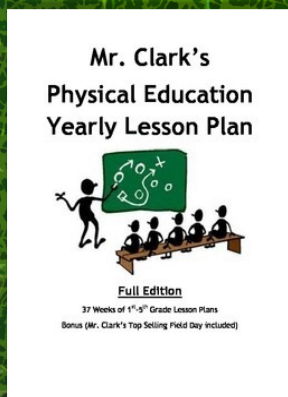


**CHECK OUT MY NEW SITE**

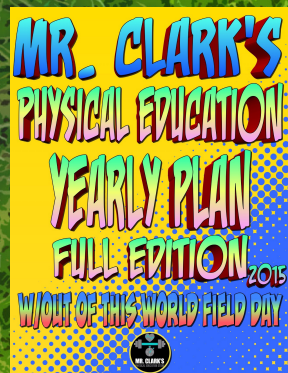
**WWW.MRCLARKSPE.COM**

**AND BE SURE TO.....**

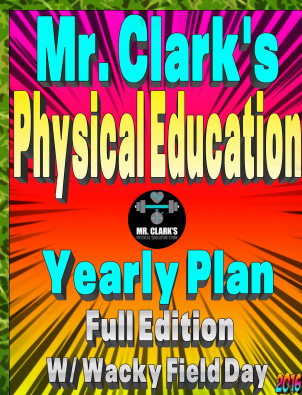
**CHECK OUT MY YEARLY PLANS**



**37 WEEKS  
TOP-SELLING FIELD DAY**



**36 WEEKS  
OUT OF THIS WORLD FIELD DAY**



**41 WEEKS  
WACKY FIELD DAY**



**40 WEEKS  
SURFING INTO SUMMER**

# 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**

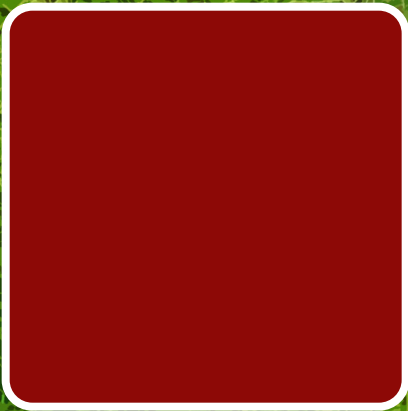
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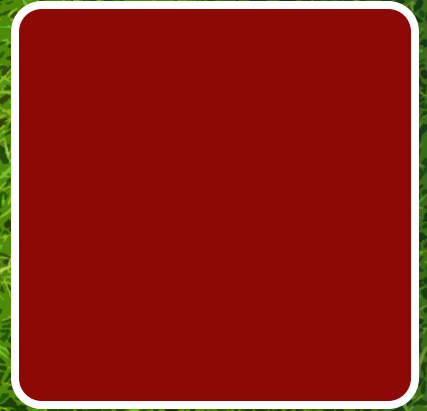
**O'S**

**CATCH AND JOIN**

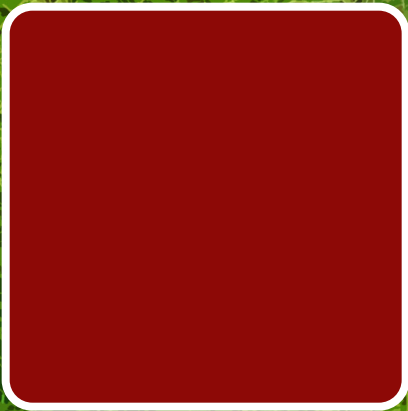


***DIVIDE TEAMS***





***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**

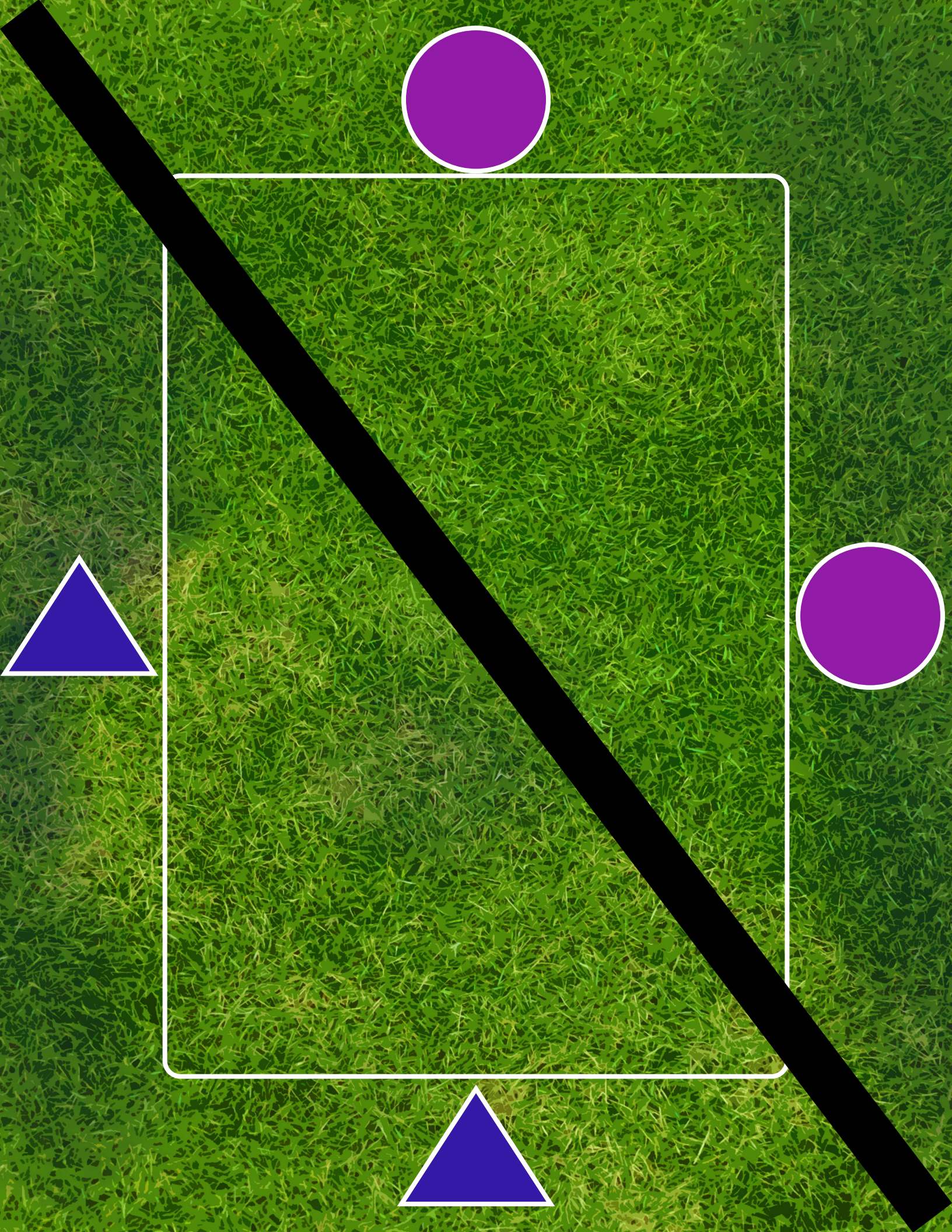
**PINNIE PLAYERS**

**GOAL**

**GOAL**

**O'S**

**X'S**





**GOAL**

**O'S**

**X'S**

**GOAL**

**O'S**

**X'S**

**O'S**

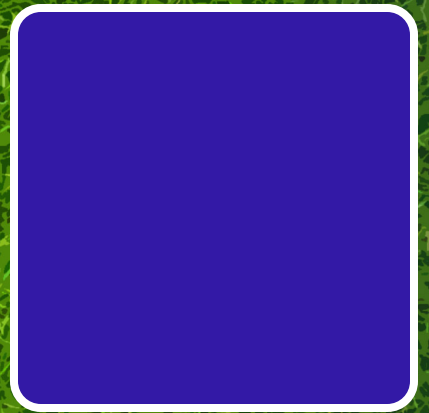
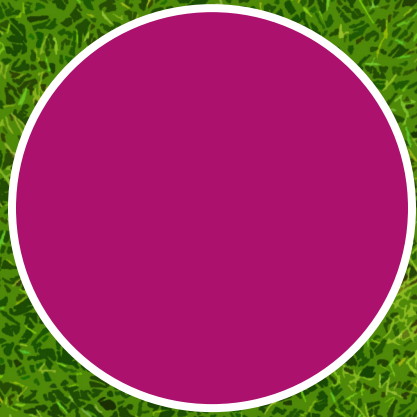
**X'S**



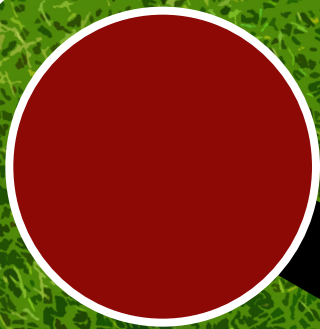


**GAME 1**

**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**

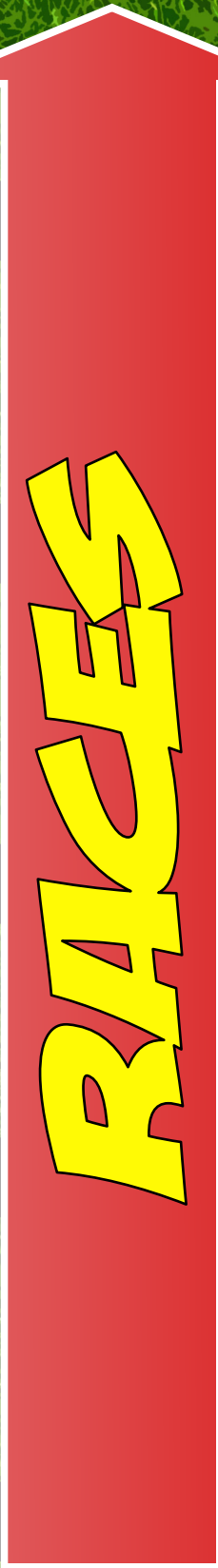
**3**

**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

0

0

3

4

X

X

0

0

X

X

0

0

1

2

X

X

0

0

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**



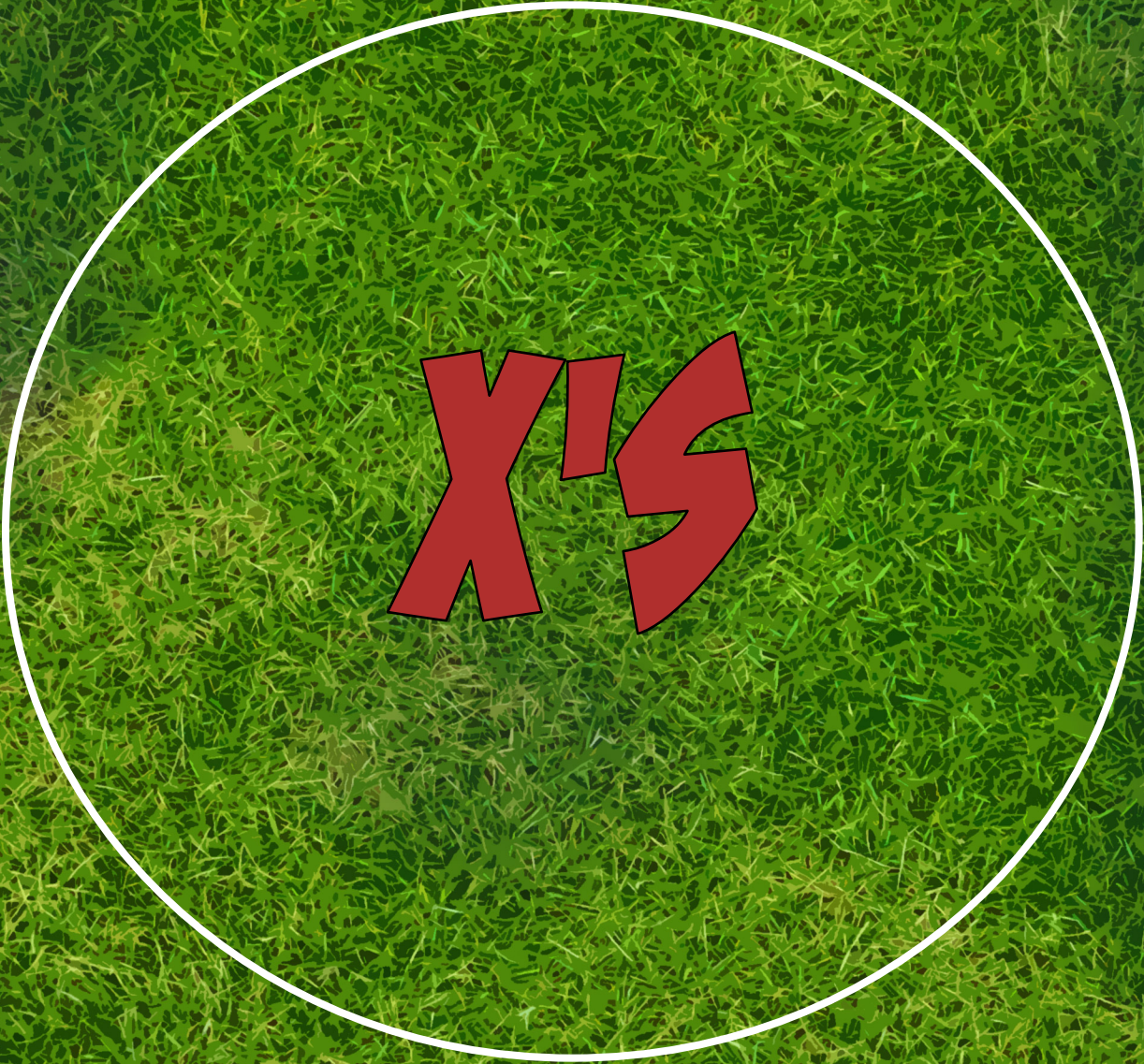
**JUMP ROPE**



**PERFORM SKILL**

O'S

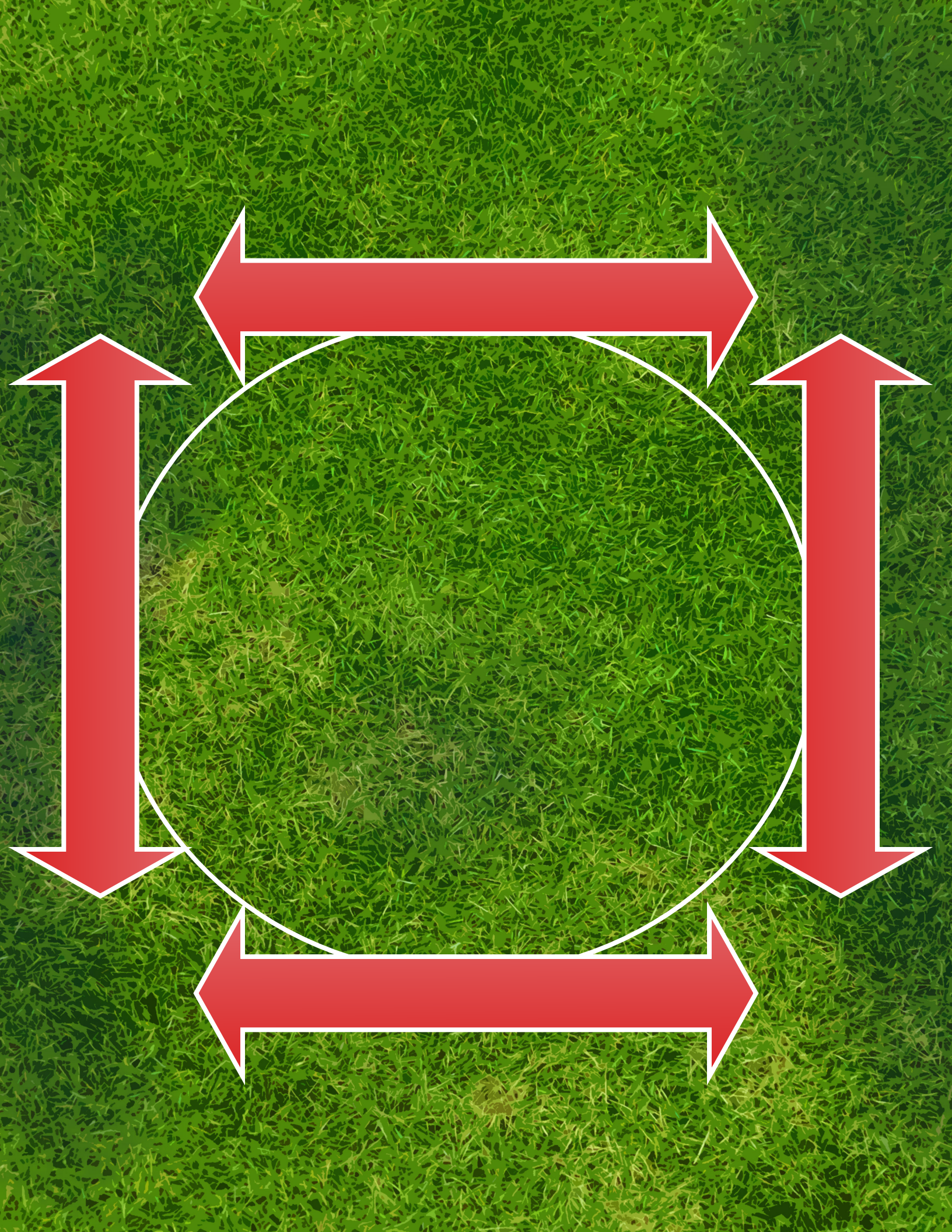
O'S



X'S

O'S

O'S



X'S

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**S'X**

**S'X**

**S'X**

**S'O**

**S'O**

**S'X**

**S'O**

**S'O**

**S'X**

**S'X**

**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**

