



SPORT FESTIVAL STATION GUIDE

2025



Introduction:

Sport Festival activities target the Active Start stage of the Long-Term Development Model, providing students with the opportunity to explore various sport and activity stations throughout the day.

Groups will move through 6 stations in the morning that focus on the movement concepts outlined below and the beginner level skills that are needed for sport. In the afternoon, athletes will build on the skills and concepts from the morning session, applying them to sport specific games and activities.

Movement Concepts:

Word:	Examples:
Relationships	With people & objects
Spatial Awareness	Levels, pathways, direction, location, extensions
Effort	Time, force (strong, sudden, fast)

Dance Warm up:

Sport festivals begin with a giant group dance warm-up. Athletes will gather around a group of student leaders at the centre of the gym and will be led through a full dance warm-up. This can include any movements that student leaders choose. This activity is not only a way to get athletes moving, but an opportunity to get excited about the day!



Fast Walk

Equipment: Cones to designate activity area.

Setup: Have athletes spread out among a designated area.

Goal: Spatial awareness. Remind athletes throughout that they do not want to bump into others, and focus on moving into big open spaces.

Activity: On signal (music or whistle), athletes walk throughout the activity area. Give the athletes the following commands throughout (30 seconds each):

- Change direction based on verbal cues and hand signals
- While walking, bring knees up, bumping them into the palm of their hands
- While walking, lower body by bending knees and raising them again slowly
- March with knees high and clap under thighs
- Take long strides, take short strides
- Walk straight, on an angle, zigzag, in a square, etc.
- Walk different letter or number patterns
- Athletes pretend their shoes were dipped in paint and they are walking in the pattern of their names
- Walk on toes/ walk on heels

Progression: Have athletes walk holding a hula-hoop around their waist.

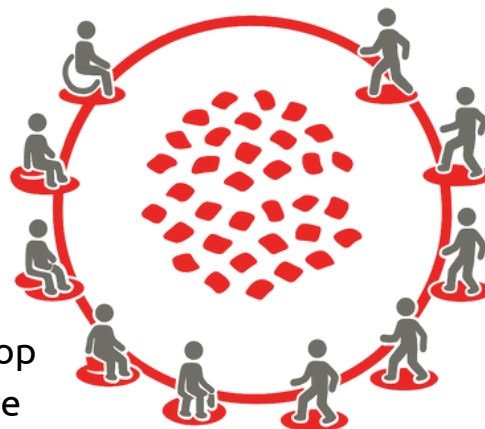
Accommodation: Exercises can be done stationary or with the support of an EA/Teacher.

Watch our demo video here! → [SF Fast Walk](#)

Frogs, Flies, and Lily Pads

Equipment: 1 hula-hoop/plastic hoop per athlete and 3 bean bags per student.

Setup: Have athletes stand in a circle with their hoop next to them. They will be considered frogs, and the hoops will be their lily pads. Place all the bean bags in the middle; these will be regarded as flies.



Activity: On signal (music or whistle), athletes walk throughout the activity area. Give the athletes the following commands throughout: (30 seconds each)

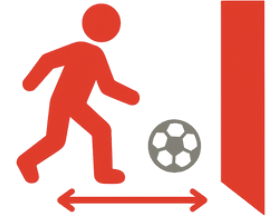
- Change direction based on verbal cue and hand signal
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- While walking, lower body by bending knees and raising them again slowly
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- Walk straight, on an angle, zigzag, in a square, etc.
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- Athletes pretend their shoes were dipped in paint and they are walking in the pattern of their names
- Walk on toes/walk on heels

Progression: Have athletes walk holding a hula-hoop around their waist.

Accommodation: Exercises can be done stationary or with the support of an EA/Teacher.

Watch our demo video here! → [Frogs, Flies, and Lily Pads](#)

Soccer Ball Handling



Equipment: 1 soccer ball per athlete

Setup: Athletes line up facing a wall approximately 7-10 feet away.

Goal: Effort and relationships through controlled movements.

Activity: Athletes will attempt the following movements with a soccer ball:

- Paint Your Ball: one foot moves the ball back and forth
- Hot Potato: pass the ball from one foot to the other
- Crazy Glue: pick the ball up, drop to the floor and trap it with your foot
- Dribble: dribble the ball over to the wall, and back to the starting line
- Big Kick: Athletes will kick the ball at the wall and retrieve it (ensure athletes go one at a time and everyone is back in starting position before the next athlete goes)

Progression: Set up cone obstacles to dribble around.

Accommodation:

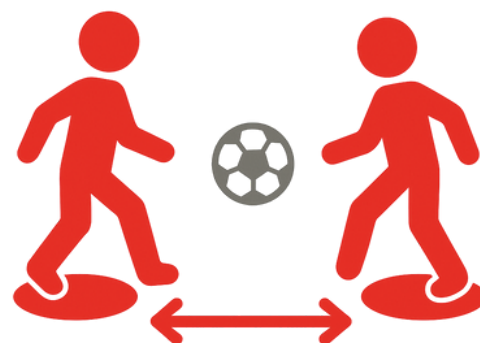
- Use a smaller ball or a softer ball.
- Can also do this as a basketball skill rather than a soccer skill.

Watch our demo video here! → [Soccer Ball Handling](#)

Kick Kick

Equipment: 1 soccer ball per two athletes

Setup: Athletes line up facing each other approximately 7-10 feet away.



Goal: Effort and relationships with objects through controlled movements.

Activity: Athletes will attempt the following passing sequences with a soccer ball. Before beginning, review how to trap the ball with athletes. Can be found [here](#) at 0:36.

1. When the leader says “GO” athletes will pass the ball to their partner. The partner will then trap the ball and wait.
2. Partner will then wait for the leader to say “GO” again before passing it back.
3. As athletes get more comfortable, they can trap the ball and pass it back on their own time. Remind athletes they want to continue to control the ball and that they should actively trap it every time.
4. Challenges to attempt:
 - How many passes can you and your partner make in a minute?
 - How quickly can you make 10 controlled passes?
 - How many times can you pass directly to your partner without them moving?

Progression: Have athletes dribble back and forth 5 times before passing.

Accommodation:

- Use a smaller ball or softer ball.
- This can be done as a basketball drill rather than soccer.

Watch our demo video here! → [Kick Kick](#)

Flap Jacks

Equipment: One Paddle, one beanbag, and one polyspot or small hoop per athlete.



Setup: Athletes spread out within a certain area, placing a polyspot/hoop in front of them. Athletes should be holding the paddle with their palm up, and the bean bag should be placed in the middle.

Goal: Effort and spatial awareness.

Activity:

1. Athletes will start by attempting to sizzle the pancake (beanbag) by moving it back and forth on the paddle without dropping.
2. Next, they will try to “sauté” the pancake by moving it all around.
3. Finally, they will try to “flip” the pancake by throwing it up in the air and catching it on the paddle.

Progression: Once athletes have sizzled, sauté, and flipped the pancake, they will try to toss the pancake onto the polyspot/hoop. If the beanbag lands touching any part of the polyspot, they receive 1 point. Every 3 points, they should take one step further away.

Accommodation: Hand over hand support can be used where necessary.

Watch our demo video here! → [Flap Jacks](#)

Busy Bee N Bag



Equipment: 1 beanbag per athlete, multiple hula-hoops, 4-5 jump ropes (can sub flat cones).

Setup: Make a large circle using hula-hoops, and a smaller inner circle made of ropes. Place all beanbags in the inner circle. Divide the group into 2 smaller groups, with 1 group standing inside the big circle, and the other athletes standing in individual hula-hoops.

Goal: Effort and relationships with objects through controlled movements and people through teamwork.

Activity:

1. Inside athletes aim to throw the beanbags out of the circle, and outside athletes aim to throw them back in.
2. When the leader says "GO" the athletes in the inner circle pick up and toss the beanbags out of the circle. As the beanbags are tossed outside the circle, the athletes in the outer circle attempt to catch them and throw them back in. Athletes may leave their hoop to retrieve the beanbags, but they must return to their hoop before throwing.

Notes: Emphasize that athletes are throwing the beanbags outside the circle and into the smaller circles, not at people. Throws should be underhand and kept low to the ground. Change the athletes in the inner circle every few minutes by calling out a different group number.

Accommodation: Support may be required to grab beanbags for athletes.

Watch our demo video here! → [Busy Bee N Bag](#)

Watch our explanation video here! → [Busy Bee N Bag](#)

Frogs on the Lily Pad

Equipment: 1 beanbag per athlete, multiple hula-hoops, 4-5 jump ropes (can sub flat cones).



Setup: Make a large circle using hula-hoops, and a smaller inner circle made of ropes. Place all beanbags in the inner circle. Divide the group into 2 smaller groups, with 1 group standing inside the big circle, and the other athletes standing in individual hula-hoops.

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Notes: Emphasize that athletes are throwing the beanbags outside the circle and into the smaller circles, not at people. Throws should be underhand and kept low to the ground. Change the athletes in the inner circle every few minutes by calling out a different group number.

Accommodation: Support may be required to grab beanbags for athletes.

Watch our demo video here! → [Frogs on the Lily Pad](#)

Hopscotch/Balance Beam

Equipment: Hopscotch mat or poly spots, bean bags, balance beam.

Goal: Effort (time, force, effort).

Setup: Half the group will start at hopscotch; the other half will start at the balance beam.

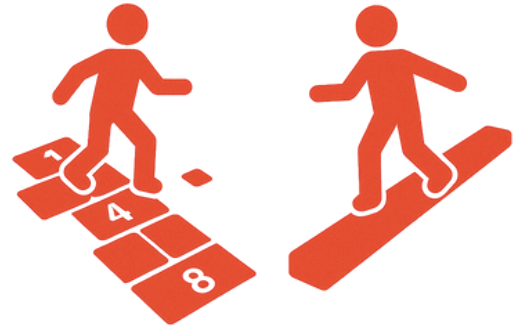
Activity Hopscotch:

1. Athletes will first go through the hopscotch game without throwing the beanbag. Focus is jumping with two feet and then jumping with one foot.
2. The second time through, athletes will toss the bean bag and complete the hopscotch mat up until the bean bag to pick it up.

Activity balance beam: Athletes will take turns walking across the balance beam. The goal is to make it the entire length of the beam. They can then step off or jump off landing on two feet.

Accommodations:

- Athletes can hold someone's hand while completing.
- Rather than using balance beam, athletes may focus on following a single line on the gym floor.



Parachute



Equipment: Parachute, 2-3 soft foam balls.

Setup: Athletes spread out around the parachute, each grabbing an area with two hands.

Goal: Effort and relationships with object through controlled movements.

Activity:

1. Start by making small waves with the parachute (emphasize working together, moving the parachute at the same time).
2. Move to large waves.
3. Add a ball to the parachute and try to keep it up without letting it fall. If this is too easy, add a second or third ball.

Follow the Leader



Equipment: No equipment required.

Setup: Athletes form a large circle, choose one athlete to be the leader in the middle (if athletes don't want to go in the middle, the station leader can do it).

Goal: Effort and Spatial Awareness.

Activity:

1. The leader in the middle will perform an exercise or dance move, the rest of the group will follow.
2. The athlete in the middle will then pick someone new to perform the next exercise.
3. Perform exercise for 5-10 reps or 15-20 seconds.

I Spy

Equipment: Cones, bean bags, poly spots, and any variety of equipment.



Setup: Place all the equipment spread out within a designated area.

Goal: Relationships and Spatial Awareness.

Activity: Station leader will call out an “I spy command” and athletes will run/walk to touch the equipment that fits within that category. For example, “I spy something green” or “I spy a circle”. View [here](#) at 0:22.

Cross the River



Equipment: Poly spots, two floor markers for the beginning and end of the river.

Setup: Poly spots should be close enough so that athletes can step or hop from one to another, but not so close that they are touching.

Goal: Spatial awareness, effort and relationships.

Activity: Athletes must get from one end of the “river” to the other by walking across the rocks. If they fall off, they have to return to the start and do 5 reps of an exercise to get back on.

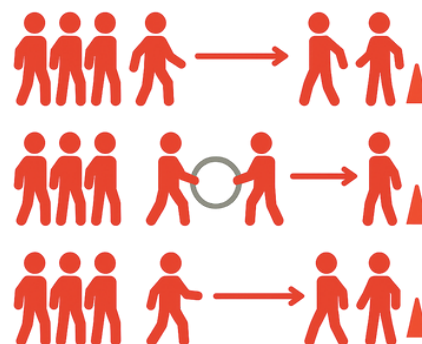
Accommodation:

- For individuals with mobility-assistive devices, goal would be to avoid the “rocks” instead of stepping on them.
- Assistance can be provided by holding athlete’s hand as they navigate each rock.

Hula Hoop Rescue Relay

Equipment: 6 hula hoops and 6 cones.

Setup: Split the group into equal teams of 4-8 athletes. Line one hula hoop per team up along one side of the gym or play space. One team member starts at the hula hoop, and the other team members stand across from them in a line at a pylon.



Goal: Spatial awareness and effort.

Activity:

1. On the whistle, the team member at the hula hoop picks up the hula hoop and runs, rolls, walks, or jogs to their teammates. Their teammate will then grab the hula hoop over, and the two of them must run back to where the hula hoop started.
2. The teammate who started with the hula hoop then passes the hula hoop to the teammate they just 'rescued' and it is now their turn to 'rescue' the next teammate.

Progression: Variations include hopping or crawling instead of running. You can use smaller hoops or larger hoops depending on the athletes.

Watch our demo video here! → [Flap Jacks](#)

Pylon Up, Pylon Down

Equipment: Medium-sized pylons.

Setup: Divide the group into two groups: Team Up and Team Down. Place half of the pylons down and half of them standing up.

Goal: Spatial awareness and effort.

Activity:

1. Team Up will run around trying to stand all the pylons up, while Team Down will run around trying to knock them down.
2. This continues until the station leader says stop.

Accommodations: Use a bean bag or soft ball to knock over the pylon or throw the bean bag up in the air 5 times and catch, teacher, leader or Unified Partner can then knock it over or pick it up.



High Five Cards

Equipment: High Five Cards.

Setup: All athletes form a circle with one athlete and leader in the middle. High five cards should be laying face down in the middle of the circle.

Goal: Effort and spatial awareness.

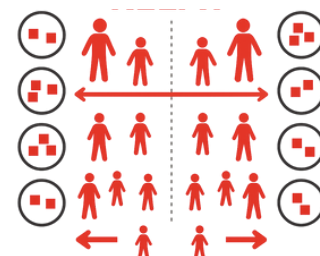
Activity:

1. Athlete who is in the middle will pick up a high five card.
2. The group will then perform the exercise on the card.
3. Athlete in the middle will then select a new athlete to come and choose a card.
4. Perform exercise for 5-10 reps or 15-20 seconds.



Bean Bag Relay

Equipment: 8 hula hoops, 20 bean bags.



Setup: Divide the group into two teams, place four hoops lined up on one side and four straight across on the other side. Place the same number of bean bags on each side, behind the hoops.

Goal: Spatial awareness and relationship.

Activity:

- Each team will have a designated side that they are trying to defend. While standing behind their hula hoops, athletes will try to throw the bean bag into the hoop on the other side. If the beanbag lands in the hula hoop it stays there.
- The team that gets all of their bean bags in the hula hoops on the opposite side wins.

Progression: Athletes defend their hoops. They may stand in front of the hula hoops and the other team must try and get the bean bags by them.

Watch our demo video here! → [Bean Bag Relay](#)

Afternoon Stations

Basketball



Equipment: Adaptable net, basketballs.

Setup: Place an adaptable net in an area that allows for room on each side.

Goal: Effort.

Activity:

1. Athletes will shoot at each available level.
 2. Once they have scored, they will move on to the next level.
- Athletes can line up and all start on the same net, or they can each start on a different net.

Note: If starting at a different net, athletes should go one at a time.

Progression: Athletes can step back to make this more challenging.

Accommodation: Hand over hand support can be used where necessary.

Curling

Equipment: Target mat, six curling rocks

Setup: Place the rocks about 3-4 metres from the target mat.

Goal: Effort, relationships with objects through controlled movements.

Activity:

- Athletes take turns rolling the rocks towards the target, trying to get as close to the middle of the target as possible.

Progression: Expand distance if necessary.

Accommodation: Hand over hand support where needed.



Over/Under

Equipment: Adaptive basketball net, basketball.

Setup: Split the group into two teams, and line up with the basketball net set up at the end.

Goal: Effort and relationship.

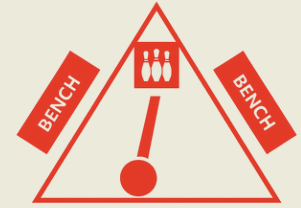
Activity:

- Athletes will start facing the net. The ball will start at the back of the line. Athletes will pass the ball over their head, then under their legs. When the ball arrives at the front of the line, the athlete will shoot on any of the hoops of the adaptive net.
- When the athlete scores, they will run to the back of the line and the game will continue.



Bowling

Equipment: 6-10 bowling pins, balls, accessible ramp.
Optional: 2 benches to create a bowling “alley”.



Setup: Place two benches in a triangle formation, with bowling pins set up at the end.

Goal: Effort, relationship with objects through controlled movements.

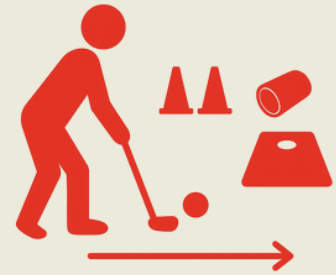
Activity:

- Athletes take turns rolling the ball at the bowling pins to knock them over. Athletes can decide if they use the ramp or not.
- Focus should be underhand rolling the ball towards the target.

Progression: Start from 5 feet away, then 10, then 15.

Accommodations: Ramp provided where needed.

Mini-Golf



Equipment: Clubs, plastic ball, cones or buckets, mini golf mat.

Setup: Three progressive stations: the first will be two cones approximately a foot apart, the next will be a bucket lying flat on the gym floor, and finally the mini-golf mat.

Goal: Effort, relationship and spatial awareness.

Activity:

1. Athletes stand approximately 5 feet away and try to hit the ball between the two cones.
2. Once they have completed this, they will move to trying to hit it into the bucket.
3. Finally they will move to the mat, trying to land the ball in the hole.

Progression: Start from approximately 5 feet away, create greater distance as needed.

Accommodations:

- Hand over hand support should be provided where needed.
- Athletes may roll the ball, rather than using the clubs.

Soccer

Equipment: Soccer ball or soft foam ball, small soccer nets and poly spots.



Setup: Have one or two nets set up in front of a wall, and place poly spots on the floor in front of the net at varying distances.

Goal: Spatial awareness, effort, relationships with objects through controlled movements.

Activity:

- Athletes will take turns shooting at the net from various poly spots.

Progression: Once athletes have taken a turn from each poly spot, they will then practice a give-and-go. Leaders will pass the ball to athletes at each poly spot and athletes will shoot at the net. View [here](#) at 0:50. Add a goalie to increase difficulty.

Cornhole

Equipment: 4 cornhole boards and bean bags.



Setup: Two cornhole games at about 10-15 feet apart (can move based on athlete skill level).

Goal: Effort and relationships with objects through controlled movements.

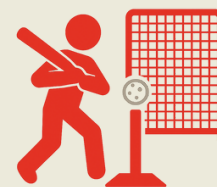
Activity:

- Athletes will take turns trying to throw the bean bag onto the board or into the hole.
- Emphasize the goal of landing on the board or in the hole. No score needs to be kept.

Progression: Divide the group into two teams, and see how many bean bags they can get in the hole in a certain amount of time.

Accommodations: Boards can be moved closer together.

Tee Ball



Equipment: Tee, plastic bat and softball baseballs/whiffle balls.

Setup: A plastic tee should be set up in front of a net or wall.

Goal: Effort and relationship with objects through controlled movements.

Activity:

- Athletes will take turns trying to hit the whiffle ball off the tee and into the net.
- The focus will be on hitting the ball completely, without contacting the tee.

Progression: Start with a large foam ball on the tee then move on to a smaller whiffle ball.

Bean Bag Toss



Equipment: 5 Hula-hoops and bean bags (5 per athlete).

If possible, ensure each athlete has their own colour.

Setup: Give each athlete 5 bean bags, place hula hoops at varying distances.

Goal: Spatial awareness, effort, relationships with object through controlled movements

Activity:

- Athletes will take turns trying to throw the bean bags into the hoop. They do not need to go in a particular order; however, the goal is to get a bean bag in each hoop.

Obstacle Course



Equipment: Balance beam, poly spots, hoops, a cone with stick, exercise steps.

Setup: Place all objects out in a path that makes the most sense given the space. See [here](#) at 1:06 as an example.

Goal: Spatial awareness and effort.

Activity:

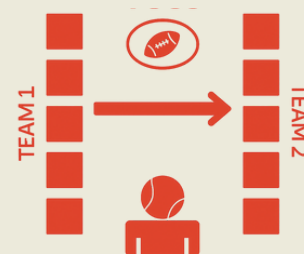
1. Athletes will try to get through the obstacle course as quickly as possible (while remaining safe).
2. The next athlete in line can go once the athlete in front is about halfway through.

If time permits, move some of the equipment the second time through or add/remove equipment based on ability.

Accommodations: Hand over hand support should be provided where needed.

Football Relay Toss

Equipment: Foam ball or football and football toss net.



Set Up: Split the group into two teams, and line up with the football net at the end. Teams should be facing away from the net.

Activity:

1. The ball will start at the end of the line. All athletes will be facing the opposite way of the net, about 3-5 feet apart.
2. The athlete with the ball will turn and throw to the next person. They will then turn and throw to the next athlete in line, and so on.
3. When the ball arrives at the front of the line, the athlete will turn, and throw the ball into the net.
4. They will then retrieve the ball and run/walk to the back of the line. This will continue until everyone has a turn to throw the ball into the net.

Progression: Restart if any of the athletes drop the ball while passing OR athletes must throw the ball through a certain target of the football net.