Ready

• 1 spot marker per child
• 1 cone per station
• 1 hoop per station
• Arrow markers (optional)
• Choose Beanbags Station Cards (SPARKfamily.org).
  Read for equipment needs.
• Musical ASAPs – #32 and #31 and Station Play Song
• SPARK EC Music CD and player

Set

• Refer to Station Cards for set-up diagram.
• Place arrow markers between the stations designating rotation.
• Place 1 spot marker per child in the center of the play area for Musical ASAPs.
• Place needed equipment inside hoops at each station.
• Send children to stand on spot markers.

GO!

1. “Bean Bag Parade” (Teach Musical ASAP #32.)
2. Station Play (Use Station Play Song.)
   • Today, you and a friend will move together at an activity station. (Describe the activity, demonstrating proper technique at each station.)
   • While the music plays, do the activity at your station.
   • When the music stops, freeze and point to the station next to you. (Have children point clockwise.)
   • Walk to the next station and when the music begins again, start the new activity. (Allow 1 minute at each station before rotating.)
   • Friend to Friend! (Once children are paired, send them to their stations.)
3. Station Clean-Up (Have one child squat while the other stands.)
   • Standers: Bring me a spot and/or hoop and walk to a home. (Re-scatter spots.)
   • Squatters: Take the card and beanbag (identify a place) and walk to a home.
4. “Farmer’s Garden” (Teach Musical ASAP #31.)
5. Wrap It Up
   • Who will tell us a fun activity they did with a friend today?
   • Could you do it at home?
**ADAPTATIONS**

**Limited Space**
- Set up half the number of stations. Divide the class into 2 groups. One group does *Station Play* while the other performs a *Musical ASAP* in the center.
- Move the stations closer together.
- Choose activities that require less space.

**Variation**
- Vary the locomotor skills between stations, or have children do line walking between stations.

**Inclusive Strategy**
- Allow children with physical challenges to move around the course their own way, yet ask them to complete a challenge. Vary the task at each station (e.g., a student in a wheelchair adds a clap before they start and when they stop).

**OBJECTIVES**

- ✓ Balancing
- ✓ Lower body strength
- ✓ Tossing
- ✓ Shape recognition
- ✓ Creative expression

**YOUR STATE STANDARDS**

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**ACADEMIC**

**Literacy**
Read *Play with Me* by Marie Hall Ets.

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**TEACHER TIPS**

- This lesson may be advanced for 3-year-olds.
- Solicit help monitoring stations.
- Alternate the activity levels at stations.
- Repeat the circuit.
- Use this lesson at an Open House or a parent meeting and show families what the children are learning and doing during structured activity time.

**NOTES**

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**FAMILY FUN**

**Single-Leg Balance Fun**
Take turns choosing a body part, like a shoulder, or arm, to balance the beanbag while balancing on 1 foot.