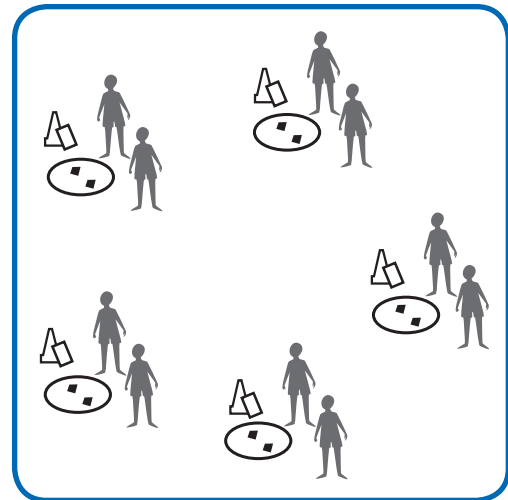




Ready

- 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?

STATION PLAY

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



ACADEMIC

Literacy

Read *Play with Me* by Marie Hall Ets.



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.



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
