

Objectives

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

Teaching Tips

- This lesson may be advanced for 3-year-olds.
- Solicit help monitoring stations.
- Alternate the activity levels at stations.
- Repeat the circuit.

SEL Competencies

Self-Awareness

Peer interaction

Self-Management

Self-motivation

Relationship Skills

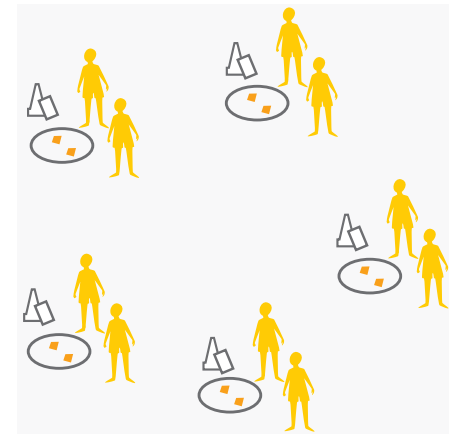
Cooperation

READY

- 1 [spot marker](#) per child
- 1 [cone](#) per station
- 1 [hoop](#) per station
- [Arrow markers](#) (optional)
- Choose [Beanbags Station Cards \(SPARKfamily.org\)](#)
- Musical ASAPs – #32 and #31 and Station Play Song
- SPARK EC Music CD ([or SPARKfamily.org](#)) 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. Musical ASAP

- **"Beanbag 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. Musical ASAP

- **"Farmer's Garden"** (Teach Musical ASAP #31.)



Station Play

Reflection Questions

- Can you share a fun activity you did with a friend today? Could you do it at home?
- Which station would you want to do again? Is there one you want to practice more?
- Show me a thumbs up if you: cooperated with your partner, tried your best, and played safely.

Academic Integration

Literacy

Read *Play with Me* by Marie Hall Ets.

The Right Fit

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).

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 Reflection

