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.)
**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**

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