

Objective

By the end of this lesson, the student will understand the concept of a spoon race, practice balance and coordination, and have fun while engaging in physical activity.

Materials and Prep

- Spoons (one for each participant)
- Small, lightweight objects to balance on the spoons (like a ball of paper or a small toy)
- A clear space for racing

Before the lesson, ensure the racing area is safe and free of obstacles. Explain the rules of the spoon race in simple terms.

Activities

- **Spoon Balancing Practice**

Start by having the student practice balancing a small object on their spoon while standing still. Encourage them to hold the spoon steady and not let the object fall.

- **Spoon Race Setup**

Set up a start and finish line using markers or just an imaginary line. Explain where they need to start and where they need to go.

- **Time to Race!**

Have the student place the object on their spoon and race from the start to the finish line. Cheer them on and celebrate their effort, regardless of the outcome!

- **Obstacle Course Challenge**

If they are comfortable, create a simple obstacle course with pillows or soft toys to navigate around while balancing the spoon. This adds an extra layer of fun!

Talking Points

- "Look at how steady you can hold the spoon! Can you keep the object from falling?"
- "Ready, set, go! Let's see who can get to the finish line first!"
- "Oh no! The object fell! That's okay; let's try again!"
- "You did it! You balanced the object all the way to the finish. Great job!"
- "What else can we balance on our spoon? Let's be creative!"