

AR 585

LEARNING WITH

CIRCLES and STICKS



A
EDUCATIONAL
ACTIVITIES, INC.
Freeport, N.Y. 11520

BY:

HAP PALMER

Teaching Guide

INTRODUCTION

These musical games and activities all involve the use of circles and sticks. The activities cover a variety of physical and academic skills, using a hoop or dowel as a concrete focal point. This helps children focus their attention and energy while enjoying the fun.

Each song has suggestions for increasing the challenge, which make the activities suitable for 4th and 5th grades as well as the early childhood age groups.

MAKING YOUR CIRCLES AND STICKS -STICKS-

Materials: Hardwood dowels, three feet long, ½" thick, and cloth tape. These materials are readily available at your local hardware store, building supply store or lumber yard. (Note: Plastic golf tubes can be used in place of three-foot wooden dowels.)

Construction: Cut dowels into one-foot lengths for rhythm sticks. Wrap ends of dowels with cloth tape for safety.

-CIRCLES-

Materials: Flexible, polyethylene plastic pipe and one coupling for each circle. These materials can be obtained at a well stocked hardware store, a plumbing supply house, or through the Sears or Montgomery Ward catalog.

Construction:

- It is easiest to cut the pipe with tin snips; however, a sharp knife or hacksaw will also work.
- A four-foot length of pipe will make a circle approximately 15 inches in diameter, six feet makes a 23-inch circle, eight feet makes a 30-inch circle.
- Form circle by joining the ends of the pipe with a coupling. Dipping the ends of the pipe in warm water beforehand may help the coupling slip in easier. No glue or nails are necessary.
- For small circles you may want to saw ½" off each end of the coupling with a hacksaw.
- You can also purchase ready-made hoops (or "hula hoops") in toy stores. However, I have found the home made circles to be less expensive and considerably more durable. (I've had my set for years and they still haven't cracked or bent.)

SIDE A BAND 1 — Stick Band

Objective: Recognizing instruments of the band; dramatic play

Materials: 1 three-foot dowel for each person

Action: Using your stick, pretend you are playing the instrument named in each verse of the song. During the last verse pretend you are playing any instrument you want.

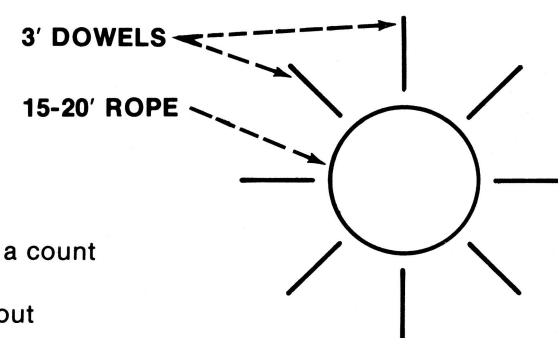
Increasing the Challenge: Take turns being the leader. As the band follows you, create your own patterns for marching around the room. When the teacher rings a bell, go to the end of the line. The next person in line becomes the new leader.

SIDE A BAND 2 — Run Around The Sun

Objective: Endurance; agility; counting from 1-32

Materials: 1 fifteen to twenty-foot rope; 4 to 15 three-foot dowels

Setting: Place the rope in a circle on the floor. Arrange the dowels around the circle like rays of the sun.



Action:

- Run around the "sun" for a count of 32 without stopping.
- Leap over the "rays" without touching them.
- Rest and sing during the chorus, then repeat the activity.

LEARNING WITH CIRCLES AND STICKS

Variation: Divide large groups in half. One group goes on the first verse, the other goes on the second verse. The resting group counts in rhythm to 32. See which group can keep the sun closest to its original shape.

Increasing the Challenge: Make the rays into hurdles by raising them on blocks, cones, or chairs. As your endurance improves, work up to running around the sun the entire song without stopping.



SIDE A BAND 3 — Putt The Paper Ball

Objective: Eye-hand coordination; auditory discrimination

Materials: 1 three-foot dowel, 1 hoop, and 1 piece of paper wadded into a small ball for each person

Action:

- The object is to putt your ball into the circle on the side of the room.
- Take only one swing each time you hear the bell — a miss counts as a swing.
- For safety and accuracy, take a short swing. Don't let the end of the stick come more than one foot off the ground.

Increasing the Challenge: There are four levels of challenge —

1. Get the ball into the circle by the end of the song.
2. Get the ball into the circle and back to your starting point by the end of the song.
3. Go through the above cycle two times by the end of the song.
4. Set up a 4- to 6- hole course. Try to get through it by the end of the song.



SIDE A BAND 4 — Circles Everywhere

Objective: Imagination; dramatic play; vocabulary enrichment

Materials: 1 hoop for each person

Action: Using your hoop, act out the scenes described in each verse. During the chorus, create your own rhythmic movements or try the following pattern:

Lyric	Action
<i>There are circles everywhere,</i>	Move circle in large arc.
<i>In the sea</i>	Hold circle low.
<i>and in the air.</i>	Hold circle high.
<i>On the earth</i>	Hold circle low.
<i>and in the sky,</i>	Hold circle high.
<i>They catch your eye.</i>	Hold circle in front of eyes.
<i>They're a part of everything,</i>	Hold your circle near something in the room that has a circular shape. (Examples: clock, doorknob, screw or nail head, a letter or number in a poster, a vase, a button, etc.)
<i>All these gently curving rings.</i>	
<i>There are circles everywhere,</i>	
<i>the gift of life is shared.</i>	

Follow Up: Of the four scenes described in the verses, pick your favorite and draw a picture of it. Can you think of other scenes or places where you might find the shape of a circle?

SIDE A BAND 5 — Goin' Out On The Town

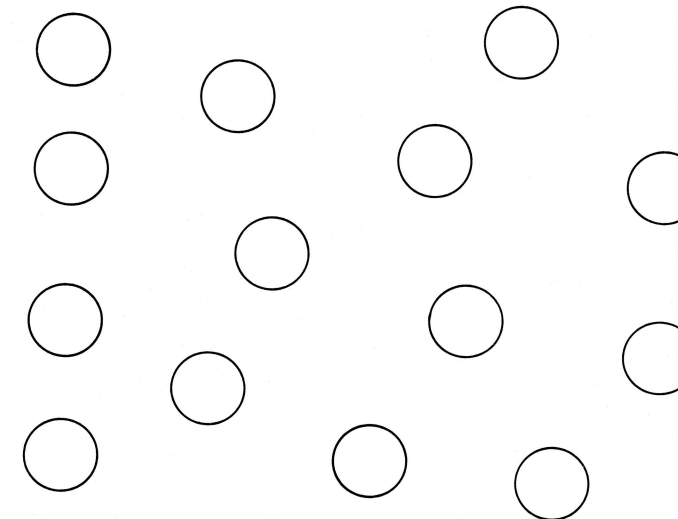
Objective: Counting; agility

Materials: Circles scattered around the room

STARTING POINTS OR "HOME"

X
X
X
X
X

HOOPS



Action:

- Start at a point just outside the group of circles. This is "home."
- Each time you hear the drum, jump and land in a circle.
- The challenge is to jump from circle to circle and plan your trip so you arrive home by the time given in each verse. For example, to get home by 8 o'clock you would take 8 jumps, landing at your starting point on the eighth jump.

SIDE B BAND 1 — Makin' Letters

Objective: Recognizing capital letters; initial consonant sounds; eye-hand coordination; teamwork

Materials: 2 one-foot dowels for each person

Setting: Partners facing each other

Action: Working with your partner, form the letters as they are named in the song.

Increasing the Challenge: Listen for the initial consonant sound of the words. See if you can make the letter before it is actually named. For example, the words of the first verse are, "Lovely little Lulu lassos leaping lions." If you recognize that the words begin with "L" you can make the letter before it is named.

SIDE B BAND 2 — Jump And Land

Objective: Endurance; agility; auditory discrimination

Materials: Circles scattered around the room

Action:

- When you hear the music, run around the room, staying outside the circles at all times.
- When the music stops, stop running.
- If you hear the drum, jump and land inside a circle.
- If you hear the bell, jump and land outside a circle.
- When the music starts, begin running outside the circles again.

Increasing the Challenge: The teacher holds a drum and mallet. Whenever you hear the drum on the record, the teacher will add one, two, or three beats.

- If the total number of beats is two, you jump and land with one part of your body in one circle and one part in another circle. (E.g., one hand in one circle and one foot in another.)
- If the total number is three, you jump and land with one part in each of three circles.
- If the total number is four, you jump and land with one part in each of four circles.

SIDE B BAND 3 — Magic Stick

Objective: Creative movement; vocabulary enrichment

Materials: 1 three-foot dowel for each person

Action:

- During the chorus put magic in your stick by turning it around one time and tapping it on the ground three times.
- During the verses, pantomime the following activities: sweeping the floor; paddling a boat; twirling a baton; walking with a cane.

Increasing the Challenge:

- During the first two lines of the chorus, balance your stick in one of three ways: horizontally on one or two fingers; vertically on the palm of your hand; vertically on the tip of your finger.
- During the vocal part of each verse, act out the activities described. During the instrumental part of each verse, think of something else you could pretend to do with your stick.



SIDE B BAND 4 — Tap Your Sticks

Objective: Laterality; eye-hand coordination; rhythm; working together

Materials: 2 one-foot dowels for each person

Setting: Partners facing each other

Action:

- Tap your sticks as described in the song — tap your right stick with your partner's right stick; tap your left stick with your partner's left stick, etc.



- Toss and catch your sticks as described in the lyric of the song. The toss should be very gentle — only one or two feet high.

Increasing the Challenge: Instead of tossing and catching your stick, toss and trade sticks — toss your stick to your partner and catch your partner's stick.

SIDE B BAND 5 — Connection

Objective: Vocabulary enrichment; body parts; things around the room

Materials: 1 stick (one to three feet in length) with cloth tape over end for each person

Action: Make the connections described in the lyric of the song.

Increasing the Challenge: Make your own list of things you could connect with a stick. Write your list on the board and do this activity using your ideas.

© 1979 Activity Records, Inc.

EDUCATIONAL ACTIVITIES, INC.
FREEPORT, N.Y. 11520

All Selections Copyright 1979
Hap-Pal Music
Box 323 Topanga, CA 90290
All rights reserved

Learning With Circles And Sticks

by Hap Palmer

CONTENTS

SIDE A

BAND 1 - STICK BAND
BAND 2 - RUN AROUND THE SUN
BAND 3 - PUTT THE PAPER BALL
BAND 4 - CIRCLES EVERYWHERE
BAND 5 - GOIN' OUT ON THE TOWN

SIDE B

BAND 1 - MAKIN' LETTERS
BAND 2 - JUMP AND LAND
BAND 3 - MAGIC STICK
BAND 4 - TAP YOUR STICKS
BAND 5 - CONNECTION

Arranger Bob Summers
Engineer Don Perry
Vocals Hap Palmer, Jacie Berry, Penny Askey, Jenifer Dayton
Counting Voices Allison Adams, Chelsey Brody, Bethany Foch,
Jennifer Hillestad, Jenny Lapbold, Julie
Lagardere, Jon Lagardere, Kelly Palmer,
Justine Skolnik, Lorene Sosa, Laura Welles
Keyboards Smitty Smith
Drums Perry Socks
Bass Will Berry
Percussion William Schlitz
Guitar Hap Palmer
Trumpets Merrill Plummer, Piper Wrench

CREDITS

Tenor Trombones Russ Thinman, Valium Jones
Bass Trombones Craig Berpe, Peter Belch
Reeds Robert Truck, Gary Herschmall
Strings Candy Azzini, Rolly Barr, Deborah Cost, Darcy Dieterlane,
Ruth Fawn, Maggie Hooten, Ben Ishii, Irene Novicaene, Rose
Packer, Steve Palidon, Kent Peterson, Evan Tory, Cindy Weekely
Cover Lianna Kelley
Photographs Martha Pinson Palmer
Printing Michael Graphics, Inc., New Brunswick, N.J.
Production Coordinator Alan Stern

ALL SONGS BY HAP PALMER © HAP-PAL MUSIC
Box 323, Topanga, CA 90290

<p>LEARNING BASIC SKILLS THROUGH MUSIC — Vol. 1 AR 514 — 1—33-1/3 rpm RECORD or CASSETTE, Guide COLORS — PUT YOUR HANDS UP IN THE AIR — THE ELEPHANT — THE NUMBER MARCH — MARCHING AROUND THE ALPHABET — GROWING — THIS IS THE WAY WE GET UP IN THE MORNING — BIRDS — WHAT ARE YOU WEARING? — WHAT IS YOUR NAME?</p>	<p>MOD MARCHES AR 527 — 1—33-1/3 rpm RECORD or CASSETTE, Guide PENNY LANE — IT'S A SMALL WORLD — LET IT BE — LOVE IS BLUE — YELLOW SUBMARINE — HAPPY TOGETHER — OB-LA-DE, OB-LA-DA — LODI — GENTLE ON MY MIND — SGT. PEPPER'S LONELY HEARTS CLUB BAND.</p>	<p>MOVIN' AR 546 — 1—33-1/3 rpm RECORD or CASSETTE, Guide FUNKY PENGUIN — MIDNIGHT MOON — TIPSY — FAR EAST BLUES — GENTLE SEA — MOVIN' — HAUNTED HOUSE — ENTER SUNLIGHT — JAMAICAN HOLIDAY — TWILIGHT — PAUSE.</p>
<p>LEARNING BASIC SKILLS THROUGH MUSIC — Vol. 2 AR 522 — 1—33-1/3 rpm RECORD or CASSETTE, Guide PARADE OF COLORS — PAPER CLOCKS — LET'S DANCE — ONE SHAPE, THREE SHAPES — LUCKY NUMBERS — TRIANGLE, CIRCLE, OR SQUARE — SOMETHING THAT BEGINS LIKE — WORDS ON THE BOARD — LET'S HIDE THE TAMBOURINE — PARTNERS.</p>	<p>CREATIVE MOVEMENT AND RHYTHMIC EXPLORATION AR 533 — 1—33-1/3 rpm RECORD or CASSETTE, Guide MOVING GAME — FISHING TRIP — COLORED RIBBONS — TEACHER WHO COULDN'T TALK — PERCUSSION INSTRUMENTS — GRANDPA BUILDS A TABLE — FAST AND SLOW MARCH — OUT TO THE COUNTRY — HOW MANY WAYS — MOVING GAME PART II.</p>	<p>THE FEEL OF MUSIC AR 556 — 1—33-1/3 rpm RECORD or CASSETTE, Guide JOY — WALKING NOTES — TOGETHER — FIVE BEATS TO EACH MEASURE — GOOD OLD FASHIONED ROCK AND ROLL SONG — TOUCH THE WORLD — QUICKLY AND QUIETLY — DO A LITTLE DANCE — CLAP AND REST — SLOW AND FAST — SOFT AND LOUD — 3/4 RAG — MOVE AND REST — SCALES.</p>
<p>LEARNING BASIC SKILLS THROUGH MUSIC Vocabulary AR 521 — 1—33-1/3 rpm RECORD or CASSETTE, Guide SAFETY SIGNS — LISTEN AND DO — HIGH AND LOW — HOW ARE WE GOING? — ALL ON THE TABLE BEFORE YOU — KINDS OF FOOD — UNDER THE STICK — HELLO — SHOW ME — WALK AROUND THE CIRCLE.</p>	<p>HOLIDAY SONGS AND RHYTHMS AR 538 — 1—33-1/3 rpm RECORD or CASSETTE, Guide WHAT A WORLD WE'D HAVE IF CHRISTMAS LASTED ALL YEAR LONG — THINGS I'M THANKFUL FOR — CINCO DE MAYO — VALENTINE'S SONG — HAVE A GOOD TIME ON HALLOWEEN NIGHT — WE WISH YOU A MERRY CHRISTMAS — HANUKKAH — EASTER TIME IS HERE AGAIN — STAR SPANGLED BANNER.</p>	<p>PRETEND AR 563 — 1—33-1/3 rpm RECORD or CASSETTE, Guide RAG DOLL — GUITAR PLAYER — THE FRIENDLY GIANT — RUSHING — THE CLOWN — LITTLE ANTS — MOTORCYCLE RACER — KITE SONG — LITTLE ELF — BIG HEAVY BOX — JUMPING FROG — THE BULLFIGHT.</p>
<p>LEARNING BASIC SKILLS THROUGH MUSIC Health & Safety AR 526 — 1—33-1/3 rpm RECORD or CASSETTE, Guide TAKE A BATH — BUCKLE YOUR SEAT BELT — POSTURE EXERCISES — KEEP THE GERMS AWAY — SAFE WAY — BRUSH AWAY — COVER YOUR MOUTH — ALICE'S RESTAURANT — STOP, LOOK AND LISTEN — EXERCISE EVERY DAY.</p>	<p>MATH READINESS — VOCABULARY AND CONCEPTS AR 540 — 1—33-1/3 rpm RECORD or CASSETTE, Guide COUNT-UP, COUNTDOWN — JUST LIKE YOURS — MOVIN' BY NUMERALS — MAKE A SET — DRAWING LINES AND DOTS — SHOW ME THE CARD I, II — CLAPPING SETS — CAN YOU CATCH A SET? — HOW MANY WAYS.</p>	<p>FEELIN' FREE AR 517 — 1 — 33-1/3 rpm RECORD or CASSETTE, Guide BUMPITY BUMP — WHO WANTS TO TOUCH AND BE TOUCHED? — FEELIN' FREE — ROCKIN' HULA — IT'S JUST FUN — PAT, PAT — MAKE UP A NAME — NUMBERS CAN TELL A LOT ABOUT YOU — QUESTIONS I — QUESTIONS II</p>
<p>SIMPLIFIED FOLK SONGS AR 518 — 1—33-1/3 rpm RECORD or CASSETTE, Guide HE'S GOT THE WHOLE WORLD IN HIS HANDS — THE PAW PAW PATCH — MICHAEL ROW THE BOAT ASHORE — EARLY IN THE MORNING — ALL NIGHT, ALL DAY.</p>	<p>MATH READINESS — ADDITION AND SUBTRACTION AR 541 — 1—33-1/3 rpm RECORD or CASSETTE, Guide MARCHING AROUND THE NUMBER WHEEL — DO YOU KNOW? — ADDING SETS — JUMPING — CLASSIC TO ROCK — BOSSA NOVA TO EIGHT — ANSWERS TO NINE.</p>	<p>WITCHES' BREW AR 576 — 1 — 33-1/3 rpm RECORD or CASSETTE, Guide WITCHES' BREW — SPACE EXPLORER — GRANDMOTHER'S FARM — CLICKETY-CLACK — THE EAGLE — GOODNIGHT — PACK UP THE SLEIGH — SCAMPER — THEY GO TOGETHER.</p>
<p>PATRIOTIC AND MORNING TIME SONGS AR 519 — 1—33-1/3 rpm RECORD or CASSETTE, Guide MORNING TIME MARCH — THIS LAND IS YOUR LAND — WHAT DID YOU EAT? — MY COUNTRY 'TIS OF THEE — GOOD MORNING, MERRY SUNSHINE — AMERICA — ZIPIDEE DO DA — TELL ME IN THE MORNING — GOD BLESS AMERICA — ZUNI SUNRISE SONG.</p>	<p>SINGING MULTIPLICATION TABLES From the 2's through the 12's 45-101 — 6-45 rpm RECORDS, Guide</p>	<p>EASY DOES IT AR 581 — 1 — 33-1/3 rpm RECORD or CASSETTE, Guide THE BEAN BAG — BIRDS IN THE CIRCLE — HIGH WIRE ARTIST — TREE FELL DOWN — CIRCLE YOUR WAY — MOVE AROUND THE COLOR — SMOKE DRIFTS TO THE SKY — FRIEND ON THE FLOOR — NATURE'S SWEET ENDLESS SONG — CIRCLE YOUR WAY (Instrumental)</p>
<p>MODERN TUNES FOR RHYTHMS AND INSTRUMENTS AR 523 — 1—33-1/3 rpm RECORD or CASSETTE, Guide SUNSHINE — HAPPY MECHANICAL MAN — MAIN STREET PARADE — THE HAWK — THE WOODPECKER — POW WOW — PINKY — ON A LITTLE STREET IN SINGAPORE — MARCH OF THE CLOWNS — FRERE JACQUES — MAI TAI.</p>	<p>GETTING TO KNOW MYSELF AR 543 — 1—33-1/3 rpm RECORD or CASSETTE, Guide FEELINGS — SAMMY — TOUCH — SHAKE SOMETHING — THE CIRCLE — TURN AROUND — CIRCLE GAME — LEFT AND RIGHT — BE MY FRIEND — CHANGE — WHAT DO PEOPLE DO? — OPPOSITE.</p>	<p>APRENDIZAJE DE CONOCIMIENTOS BASICOS A TRAVES DE LA MUSICA Vol. 1 AR 531 — 1 — 33-1/3 rpm RECORD or CASSETTE, Guide COLORES — PONGAN SUS MANOS PARA ARRIBA — EL ELEFANTE — .etc. Vol. 2 AR 632 — 1 — 33-1/3 rpm RECORD or CASSETTE, Guide EL DESFILE DE COLORES — EL RELOJ DE PAPEL — VAMOS A BAILAR — .etc.</p>
<p>FOLK SONG CARNIVAL AR 524 — 1—33-1/3 rpm RECORD or CASSETTE, Guide GOING TO THE ZOO — CLAPPING LAND — HUSH LITTLE BABY — BLUE BIRD — JOIN INTO THE GAME — DANCE THUMBKIN — LOOBY LU — WHISTLE DAUGHTER WHISTLE — SHAKE THE PAPAYA DOWN — HE'S GOT THE WHOLE WORLD IN HIS HANDS — THE PAW PAW PATCH — MICHAEL, ROW THE BOAT ASHORE — EARLY IN THE MORNING — ALL NIGHT, ALL DAY.</p>	<p>HOMEMADE BAND AR 545 — 1—33-1/3 rpm RECORD or CASSETTE, Guide PLAY YOUR STICKS — OLD MacDONALD — I'M A LITTLE WOOD BLOCK — CAN YOU MAKE A SOUND? — PLAY — BEAUTIFUL DAY — HOMEMADE BAND — STICK DANCE — KNOCKING ON MY DOOR — MAKE A PRETTY SOUND.</p>	<p>SONG BOOK SERIES B-514 — Book 1 — Learning Basic Skills through Music — Volume 1 B-522 — Book 2 — Learning Basic Skills through Music — Volume 2 B-543 — Book 3 — Getting to Know Myself B-538 — Book 4 — Holiday Songs</p>

Send for **Free** complete catalog. Educational Activities, Inc. Box 392, Freeport, N.Y. 11520



This record has been engineered and manufactured in accordance with standards developed by the Record Industry Association of America, Inc., a non-profit organization dedicated to the betterment of recorded music and literature.

© 1979 Activity Records, Inc.

EDUCATIONAL ACTIVITIES, INC.
FREEPORT, N.Y. 11520

ACTIVITY RECORDS, INC.

Learning With Circles And Sticks
by
Hap Palmer

AR 585
SIDE A

33 1/3 RPM

- BAND 1 - STICK BAND
- BAND 2 - RUN AROUND THE SUN
- BAND 3 - PUTT THE PAPER BALL
- BAND 4 - CIRCLES EVERYWHERE
- BAND 5 - GOIN' OUT ON THE TOWN

© 1979

Activity Records, Inc.

REPRODUCTION OF ANY PART OF THIS RECORD IS PROHIBITED BY LAW. © ACTIVITY RECORDS, INC.

ACTIVITY RECORDS, INC.

Learning With Circles And Sticks
by
Hap Palmer

AR 585
SIDE B

33 1/3 RPM

- BAND 1 - MAKIN' LETTERS
- BAND 2 - JUMP AND LAND
- BAND 3 - MAGIC STICK
- BAND 4 - TAP YOUR STICKS
- BAND 5 - CONNECTION

© 1979

Activity Records, Inc.

REPRODUCTION OF ANY PART OF THIS RECORD IS PROHIBITED BY LAW. © ACTIVITY RECORDS, INC.