**Bag Tag**

**Grade Level:** K-6

**Skills:** Jumping, leaping, sliding, underhand throws are some of the skills involved.

**Objective:** Students will practice numerous locomotor skills and throwing for accuracy in this activity.

**Equipment:** One to one ratio of beanbags to students will be needed.

**Organization:** Students will be in scatter formation and each student will have a beanbag.

**Activity:** Upon your “go” signal, students will attempt to contact other students’ legs with a beanbag by using an underhanded toss. They must throw it in such a way that it slides across the floor. For the first round, if you’re contacted by a beanbag you’ll stay in and continue the activity. After a few rounds, the student that was contacted by a beanbag will go to the perimeter of the activity area and perform a few quick exercises, such as, 4 squats or 6 Tigger jumps. Once they’ve completed this brief task, they may then re-enter the activity. Remind the students that after they have tossed their beanbag, they can grab any beanbag that’s near them. You may only have one beanbag in your possession. The beanbag needs to contact your foot, contacting the leg doesn’t count.

**Closure:** Is it ok to have difficult conversations with people?

What strategies would you use if you needed to hold a tough conversation?

**Health:** Do you have trusted adults that you can talk to about awkward situations? If not, can you think of someone that you think would listen to you without judgement? If you have to hold a difficult conversation with someone, what strategies could you use to put them and yourself at ease? (smiling, soft voice, non-accusatory, no threats, be nice, listen to their side of the story, etc.)

**Piloted at:** Washington