**Bean Bag Hoopla**

**Grade Level:** K-6

**Skills:** Lateral movement, tossing, catching and working together are the main skills involved in this activity.

**Objective:** **Standard 5.HF.3:** Define and practice positive self-talk.

**Equipment:** Bean bags and hula hoops/poly spots are needed for this activity.

**Organization:** Form groups of 2 or 3 and they’ll compete against another group of 2 or 3 students. Place two hoops or poly spots 30-50 feet from each other.

**Activity:** One team will start with the bean bag (offense) and the other team will defend their hoop (defense). Players can move freely up and down the activity area. The offense has to complete a pre-determined number of passes before they can attempt to score a goal. Determine this amount by the skill and ability level of your students. This is a non-contact activity so do not allow students to push, shove or bump, etc. The defense can intercept passes and anytime the bean bag contacts the floor, it is a turnover and the defense gains possession of the bean bag. Once the offense has completed the needed amount of passes their objective is to toss or throw the bean bag into the hoop or onto the poly spot. If you wish you can assign a goalie to each hoop and rotate every minute or after every goal. Once teams reach a certain amount of points, e.g. 4, have them switch competitors.

**Closure:** Are teammates important?

**Health:** Define positive self-talk and discuss some of its benefits. Take some time to yourself, and practice a few moments of silent, positive self-talk. Why do you think it could be important to think of yourself in a positive manner as opposed to having negative thoughts about yourself?

**Piloted at:** Oak Hills