**Bean Bags**

**Grade Level:** K-6

**Skills:** Throwing, catching, thinking, movement, running, hopping, jumping, weight transfer and balancing

**Objectives:** Demonstrate balance and laterality. Enhance sensory functions - e.g. vision, touch. Provide different movement experiences to include all. Exploring different pathways.

**Equipment:** Class set of beanbags

**Organization:** A squad/scatter formation works best. Implement a “back to the wall” technique.

**Activity:**

Challenges: Show me how you can balance the beanbags on your: head, forehead, nose, shoulder, hand, 5-4-3-2-1 fingers, elbow, tummy, back, knee and foot. Balance beanbag on your head and rotate your head in as big a circle as you can without the beanbag falling off... next, sit down with the beanbag on your head without the bag falling off, can you get back up. Can you walk in a zigzag pattern?? Curved, straight, a combo?? Can you balance the beanbag atop your left foot, can you swing the foot back like a pendulum? Now the right foot. Hold the beanbag in an outstretched arm and touch the beanbag with the opposite foot while leaving the arm straight out. Move like a crab with the beanbag balanced upon your tummy.

**Agility:** Pass the beanbag around various body parts, change directions on the beat of the drum or other signal. (Ankles, knees, waist, figure 8 through legs, while seated around legs etc.) With beanbag on the floor can you jump over it? (Forward and back, sideways) Try hopping over it on your left, then right foot. Try a 3-step run and jump high over your beanbag. Show me how quickly and safely you can move around your beanbag. Lift the beanbag off the floor by squeezing it between your feet and use a “two-foot pick-up” to get the beanbag into your hands. Can you place the beanbag on your foot and flip it in the air and catch it on your head? (Shoulder, knee, elbow etc.) Can you pick the beanbag off the floor without using your hands?

**Throw & Catch:** Can you catch with dominant and non-dominant hand? Both? (Which is easiest?)

How many catches can you make in one minute? “Flip the Pancake” supinate and pronate your wrists to catch the beanbag. Let=s see you toss the beanbag up in the air and catch it at the apex of your jump. Toss the beanbag up in the air and say ABC=s until you catch it. Toss it up in the air and catch it at the lowest point possible. Toss it up and spin one circle and catch it. Toss it up and close your eyes and then catch it. Quick-catchers: one hand in front, one in back drop bag and switch hands. Try both in front, drop bag, and catch from the back. “Merry-Go-Round catching” (throw and move and catch neighbor’s beanbag)

**Closure:** What is some locomotor or *action* skills that you used with the beanbag? Which body part was easiest to balance the beanbag upon? Who can explain dominant vs. non-dominant...?

**Health:** Why should people be friendly towards others? Is there a law that people should be nice to others, or do we just feel like it is the right thing to do? Discuss this with the peers at your table or section.

**Piloted at:** Lakeside and Doxey