

# Bean Bags

Bean bags are a hardy piece of equipment that can be used for a variety of activities. They are also super easy to make. The beauty of using bean bags rather than balls when children are learning to catch, or dribble a ball with their foot is that they fall heavily and children don't have to spend so much time chasing their ball every time they drop it or kick it.



## Beanbag Activities (5 - 12 year olds)

### Throwing and Catching

- Set up a variety of targets using hoops, buckets, cones, cricket wickets and use the bean bags to throw at them.
- All against one- (FMS p182)- In small groups have one player in the middle with others trying to hit them below the knee using bean bags.
- Circle Catch- (FMS pg. 174)- In a circle the player with the bean bag throws it to anyone in the circle other than an adjacent player. The thrower then runs round the circle to the catcher's position while the catcher throws and runs.
- Juggling – using 3 bean bags.

### Locomotion

- Rob the Nest- Using bean bags instead of tennis balls. This can also be used to teach younger ones their colours or letters, e.g. 'pick up only the blue bean bags' (each group could have a different colour they need to pick up), or 'pick up the ones with an 'e' written on it'.
- Scatter ball is always a favourite game. Instead of balls use bean bags and allow the children to throw or kick them however they want.
- Bean Bag Tag- Everyone puts a bean bag on their head and everybody is 'IT' if your bag falls off, you're out. If you're tagged you're out. To make this easier just start with one or two taggers and work up to everybody being a tagger. To keep children engaged, the ones who are out can set up another game to the side.

### Dynamic Balance

- Walking along a straight line or balance beam, place bean bags along the path which children need to walk over. For a challenge, alter the locomotor movement and perhaps children need to hop over, jump with one or two feet. For a further challenge place bean bags on their heads while moving along the beam.
- Balance a bean bag on a padder bat / tennis racquet, can you move (in a variety of ways) from one space to another without dropping the bean bag.

### Striking with the hand

- Bounce a bean bag up and down in your hand. Swap from hand to hand without catching the bean bag / can you keep it up in the air?
- Bounce bean bag off a padder tennis bat; flip the bat around while bean bag is in the air.