

Bean Bags



Australian **NIDA** Distributor

Traditional Use:

- Beanbags are designed to assist in the development of students' throwing and catching skills. By design, they "splat" on the ground when the bean bag is not caught, thus saving time and effort as students do not have to chase the object, as they would with a ball.

- RHS beanbags are filled with plastic pellets and are therefore not rat or mouse attracting

Other Applications:

- Using a racquet or bat of any type eg. Ezy Hit, junior tennis racquet you can play a relay game carrying a beanbag and passing it to the next in line.

- A beanbag can be used as a lead up to shot put.

- Using hoops and beanbags set up throwing targets. Adjust tossing distance to the developmentally appropriate age level of the children. Set a challenge eg. try to get 3 beanbags into coordinated coloured hoop before anyone

Suggested Activities/Games:

SPOT TOSS

An activity for Prep to Year 6.

Outscore your opponent by tossing your beanbags onto your spot marker or into your hoop.

For each game use two spot markers (or hoops), two beanbags and form groups of four.

Two spot markers are placed 5 giant steps apart. Players pair off and each pair numbers 1 and 2. Partner 1's of each pair play off at one end, and Partner 2's play off at the other end.

Object is to use an underhand toss to get beanbag onto or closest to the spot to score. A beanbag completely on a spot scores 2 points. Tally the scores to see which pair can get to 20 first. Have pairs challenge a new pair and play again.

This is a great rainy day or confined space activity. If indoors, have players slide the beanbag onto the spot.

BASKET TOSS

A set of 12 hoops and buckets is required (three each of yellow, green, red, blue)

Challenge players to toss coloured beanbags into their respective coloured buckets. (toss the red

beanbag into the red bucket, the blue beanbag into the blue bucket etc).

Players pair off, and take turns tossing four beanbags into the corresponding buckets and keeping track of successes.

Vary the tossing distances.

BEAN BAG GOLF

Play mini-golf using 9 holes. Flexidomes (numbered using our adhesive stickers) , spot markers, bean bags and hoops will be required to set up the course, with three players per hole.

Players record the number of throws taken to "hole out" on each green (land the bean bag on the spot marker).

Students then proceed from hole to hole counting each throw.

Each hoop designates tee off (starting) area.

BEAN BAG SHUFFLEBOARD

Using floor tape/chalk mark off a 4 x 3m square grid. Have players pair off and stand on one of the four sides of the grid. Each pair has a set of 4 beanbags. Each partner gets 2 beanbags to slide or toss into the corresponding colour on the grid.

Score 2 points for a beanbag completely landing inside the colour square, 1 point if touching a grid line.

TARGET NET CHALLENGE

This game requires you to number your bean bags 1-10 (4 sets) and set up 2 rebound net stations.

Each player collects a numbered spot marker and a corresponding beanbag with the same number.

A player takes two giant steps away from the net and places their numbered spot marker on the ground. They must successfully toss 2 into the net before moving another step away.

The challenge is to see how far away from the net a player can be, and still toss the bean bag into the net.

AROUND THE WORLD

A fun team challenge which keeps a large group of children active. The team that puts their beanbags in the corresponding hoops fastest, win.

Hand out beanbags to teams of 5 or 6, one team with red beanbags, one with blue etc, and position teams in a circle.

On signal "Travel", the first player from each team runs clockwise around the outside of the circle, back to his/her place, then through to the middle to place his/her beanbag in the corresponding coloured hoop.

As soon as this player has placed their beanbag into the hoop the next player takes off around the circle and repeats the task.

The first player returns to sit cross-legged in his/her starting spot. Continue in this way until everyone has had a turn and all beanbags are in the middle. Which team can finish the challenge the quickest?

Teaching Tips:

1. For even numbered teams have the leader carry two beanbags and go again.
2. Travel in a counter-clockwise direction.
3. Vary the locomotor movements used.

BEAN BAG STUNTS

This is a fitness activity with balance and co-ordination skills, involving 4 stations with different activities at each.

Each coloured beanbag has a different task. There are 4 of the same coloured beanbags at each of the 4 cones evenly spaced around a play area.

Stunts using beanbags are written on cardboard for each cone. Each even numbered group starts at a cone of their choice and everyone travels together as a group waiting until everyone has finished with their task before moving on to the next cone.

Some suggested activities are:

RED: Beanbag on your head, sit down, lie back, sit up, stand up. Repeat 3 times.

YELLOW: Hold between feet, flip up in the air and catch. Repeat 3 times.

GREEN: Toss beanbag from palm of hand to back of hand. Repeat each hand 3 times.

BLUE: Toss into the air, clap once, catch, toss, clap twice, catch, toss, clap 3 times, catch.

Teaching Tip: Get students to invent a stunt of their own, eg crab walk with beanbag on tummy.

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