

# BEANBAG FUN!

*Bean bag games are fun, easy to learn and great for developing motor skills. Although a perfect aerobic activity for children of all ages, adults can certainly get hooked on some of the more competitive games! Here's some ideas that we have researched (and tested!), but with a bit of imagination, you will find so many more!*



## **Beanbag Challenges:**

- Throw the beanbag in the air, clap your hands once, and catch it. Now try clapping your hands twice, then three times, and so on. How many claps can you reach?
- Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg.
- Throw the beanbag up and backwards over your head and try to catch it behind your back.
- Throw it up, kneel down and try to catch it.
- Throw a beanbag in the air, turn around, and catch it again.
- Throw and catch with one hand. First, just your right hand, then with just your left.
- Balance the beanbag on your right foot, then throw it up with your foot and catch it with your hands. Try the left foot too!
- Can you and catch the beanbag on your foot?
- Try throwing it up and catching it with your eyes closed!
- Place a beanbag on your head. Can you keep it balanced while you run? Can you jump? Can you spin around? Can you kneel down and stand up again? Can you climb the stairs? Try this now with two beanbags on your head! (Or three?)
- Try the head balancing challenges with one beanbag on each shoulder instead of your head.
- Set up a variety of hoops, containers and targets and have some throwing practice.
- How far can you throw the beanbag? Does it make a difference if you throw over-arm or underarm?

## **Group Activities:**

- Use beanbags to play hopscotch.
- Draw a large Tic-tac-toe game on concrete with chalk and use your beanbags for markers.
- Body identification game: Put on some music. When the music stops you need to place your beanbag on "your head", "your knee", "your shoulder" etc
- Hide and seek the beanbag.
- Getting to know you game: Players stand in a circle and one person starts off by throwing the beanbag to someone else in the circle and asks a question at the same time. For example: "What is your name?", "Do you have a brother or sister?", "What's your favourite colour?". The person who catches the beanbag must answer the question and then throw it on to another player and ask their own question. Keep it moving quickly!
- Line races: Divide the players into teams and line up in rows. The person at the front of each row starts off with a beanbag. On 'Go!' the beanbag is passed from one player to the next in a race to the end of the line. Try passing down the row in a variety of ways like: With right hands only, throwing over shoulders, under the legs etc.

## **Heatpack:**

After all the activity, you may like to use your beanbag as a mini heatpack! Pop in the microwave for 30 seconds, remove, shake and apply to any sore muscles! ... or you can just snuggle up with your warm Beanbag Pal for a quick nap ☺

