

# Bag Tag

**Grade Level:** 4-6

**Skills:** Jumping, leaping, sliding, underhand throws are some of the skills involved.

**Objective:** **Standard 6.HD.1:** Describe the digestive, respiratory, and cardiovascular systems and their basic functions.

**Equipment:** One to one ratio of beanbags to students will be needed.

**Organization:** Students will be in scatter formation and each student will have a beanbag.

**Activity:** Upon your “go” signal, students will attempt to contact other students’ legs with a beanbag by using an underhanded toss. They must throw it in such a way that it slides across the floor. For the first round, if you’re contacted by a beanbag you’ll stay in and continue the activity. After a few rounds, the student that was contacted by a beanbag will go to the perimeter of the activity area and perform a few quick exercises, such as, 4 squats or 6 Tigger jumps. Once they’ve completed this brief task, they may then re-enter the activity. Remind the students that after they have tossed their beanbag, they can grab any beanbag that’s near them. You may only have one beanbag in your possession. The beanbag needs to contact your foot, contacting the leg doesn’t count.

**Closure:** What is the digestive system?  
What organs are part of your respiratory system?  
What exactly is your cardiovascular system?  
List some basic functions of each system.

**Piloted at:** Washington