

Bean Bags

Grade Level: 4-6

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

Objectives: **Standard 6.N.2:** Evaluate personal nutritional habits and physical activity levels and set goals.

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 are some good personal nutrition habits that you are proud of?
What are some personal nutritional habits that you would like to change?
Are there some nutritional goals that you can create with your family?

Piloted at: Lakeside and Doxey