

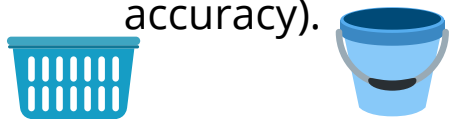
Challenge Ideas - Beanbags

If you don't have a beanbag, use a balled-up pair of socks or a small cuddly toy.



Set some targets and throw a beanbag to them from different distances.

Targets could be baskets, buckets or bowls to aim into (throwing for accuracy).



Targets could be lines marked using sticks, chalk or tape to throw past (throwing for distance).



Different scores could be assigned to different targets depending on difficulty.

Balance the beanbag on your head. Walk at different speeds while keeping it balanced.

The challenge could be to keep it balanced for a certain amount of time, or to try specific movements.



Movements could include walking, turning in a circle, jumping, moving around different obstacles, or touching the floor and standing back up again.

Toss the beanbag into the air and try catching it using different parts of your body.

How many different body parts can you use? Can you do a trick catch?

(e.g spinning around or clapping before catching the beanbag?)



Balance the beanbag on different parts of your body. Can you move and keep it balanced?

For example, balance the beanbag on your toe. Slowly lift your knee up and see how high you can lift your leg. Can you walk with it on your foot?

