

# Top 10 Beanbag Ideas

Get Active

One simple piece of equipment, hours of entertainment. Try some of the following activities at home to help achieve your daily goal of **60 minutes of physical activity**.



Don't have beanbags at home? Use a balled-up pair of socks, or make your own beanbag using a sock filled with dried rice, lentils or beans. Ask an adult to help sew or glue the sock shut, or tie the opening in a knot.

1) Balance the beanbag on different parts of your body.

2) Throw and catch the beanbag in different ways, either solo or with a partner (e.g. clap once before catching, clap twice before catching, clap once and spin around before catching, throw under one leg, throw backwards etc.)

3) See how far you can throw the beanbag. Mark your distance and see if you can throw it further each time.



4) Make an obstacle course and try to complete it while balancing the beanbag on your head, or while throwing and catching the beanbag.

5) Throw the beanbag in the air and try to catch it using different parts of your body.

6) Make different targets for throwing the beanbag into (e.g. buckets, plastic bowls, clothes basket, paper plates). Assign a different number of points to each target. Write down how many points you score for each throw and calculate your total score. See if you can beat this score next time.

7) Make a line on the floor with masking tape (inside) or chalk (outside). Walk along the line like a tightrope walker, keeping the beanbag balanced on your head.



8) Place the beanbag between your knees and see how many jumps you can do without dropping it. Or have a 'beanbag between the knees' race.

9) Arrange empty plastic bottles or toilet/kitchen roll tubes in lines like bowling pins and throw beanbag from a distance to try to knock them over.

10) Place the beanbag on your foot without bending your upper body. See how high you can lift your leg in front and to the side while keeping the beanbag on your foot. See how far you can walk while keeping the beanbag on your foot. Then try with the other foot.



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