

SPORTAUS



Get the bean bag

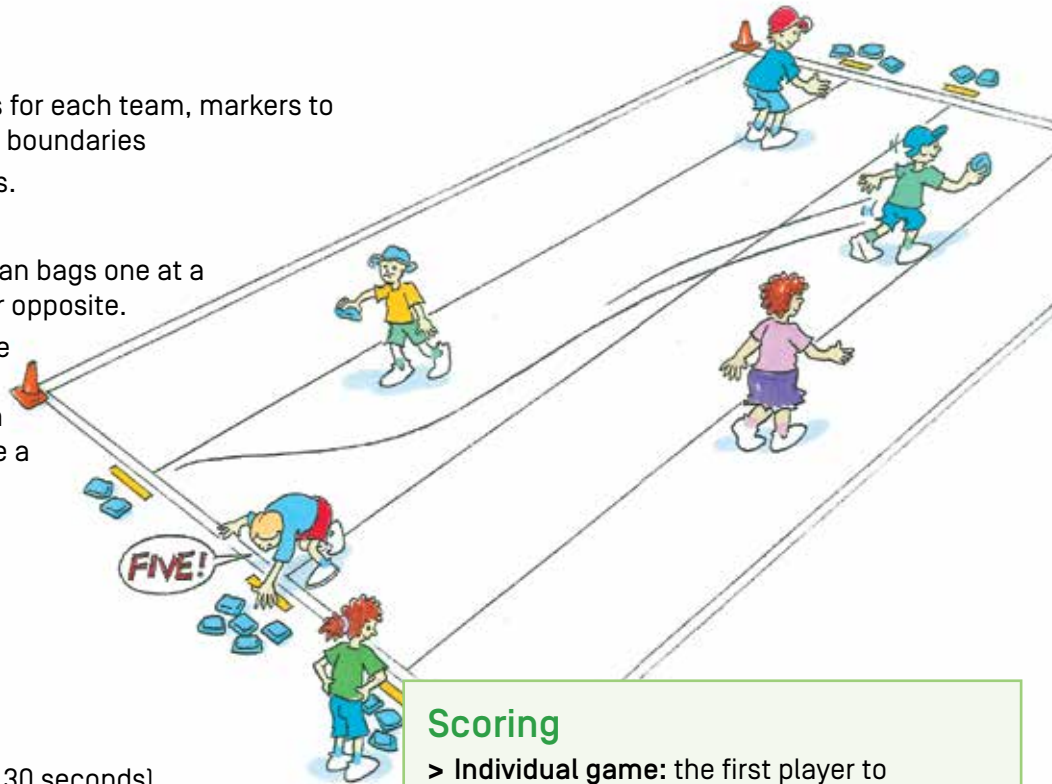
Players on opposite sides of a playing area each have 3 bean bags. Players run to the other side and steal one bean bag at a time. The winner is the first player to increase their total to 5. Can be an individual or team activity. Play with 6 or more.

What you need

- > Sufficient bean bags for each team, markers to designate lanes and boundaries
- > Establish boundaries.

Playing

- > Players can steal bean bags one at a time from any player opposite.
- > Bean bags cannot be stolen if the owner is standing there. An alternative is to have a 'no guarding' rule.



Change it

- > Set a time limit [e.g. 30 seconds].
- > Give a bonus point to the team that scores the first individual 5 points.
- > Vary the size of the playing area.
- > Freeze frame the activity to provide players the opportunity to discuss strategies for stealing bean bags.

Scoring

- > **Individual game:** the first player to accumulate 5 bean bags is the winner.
- > **Team game:** all the players on one side of the square are a team. When any one player scores 5, the game stops. All the bean bags on that side are tallied and the side with the most bean bags is the winner.

Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as *All-in tag* and *Look out for others!*
- > Emphasise safety when players cross over each other's paths.
- > After depositing a bean bag, players should check for other players before running back.

Ask the players

- > What was your best strategy to get the most bean bags?
- > What strategies can you use to keep running during the game?
- > Did you feel frustrated in this game? How could you overcome this feeling? What could you do differently next time?

LEARNING INTENTION

Get the Bean bag builds on introductory space and player awareness activities and develops movement skills.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS

SELF-REGULATION (EMOTIONAL) SELF-REGULATION (PHYSICAL)

ETHICS STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMP008
ACPMP025
ACPMP043