



SPORTS ABILITY

Target Games

Bean Bag Challenge

Games for developing balance, movement, manipulation, aiming and estimating, and tossing and catching.



Learning Intention

To practice the skills of throwing, catching and balancing.



Skill Focus

Balance, catching, throwing

What you need

- Suitable indoor or outdoor surface
- Bean bag - one for each player

What to do

Bean bag balance

- Try balancing the bean bag on as many different parts of the body as possible e.g. an out-stretched arm or leg, back, head or elbow.
- Balance the bean bag on your head while seated on the floor, then try and stand up without letting it fall. No hands!
- Try and move while balancing the bag on a part of your body.

Move and catch

- Players throw the bean bag in any direction and move to where it lands. Pick it up and throw in a different direction.
- Progress to throwing the bean bag in any direction, then move to try and catch it before it drops.



What to do

Toss and Catch

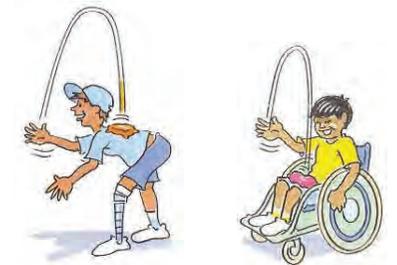
- Begin by passing the bean bag from hand to hand. Progress to tossing and catching the bean bag.
- Toss the bean bag in the air with one or two hands and turn round to catch it.

Own Goal

- Toss the bean bag in the air, make a 'hoop' with your arms and hands. Allow the bean bag to travel through your 'hoop' as it falls.

Toss back

- Toss the bean bag in the air and bend forward and catch it on your back.
- Players who have mobility impairments can try catching the bean bag on the back of an out-stretched arm or leg, or on their lap.



Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063





Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style



- Encourage players to experiment with different ways of balancing, tossing and catching the bean bag:
 - arm, leg, foot, hand or head
 - use both hands to throw and catch
 - throw with a single hand and catch with both
 - single hand throw and catch.

Rules



- Players who have mobility or coordination impairments can substitute other skills in toss and catch games, e.g. clap or touch their lap before catching the bean bag.
- In balance activities, some players may prefer to start without the bean bag.

Equipment



- Use soft cushions if players have difficulty using bean bags.
- When players can toss and catch competently with a bean bag, try a slow moving or sponge ball.

Environment



- Ensure sufficient space between players, particularly when movement is introduced.

Safety



- A player's attention may be focused above head height. Ensure they are aware of people and objects around them.

Ask the players



- What different parts of your body can you use to catch/balance the bean bag?
- How do you need to position your body in order to balance the bean bag?
- What position do you need to have your hands in to catch the bean bag?