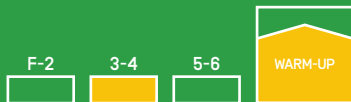
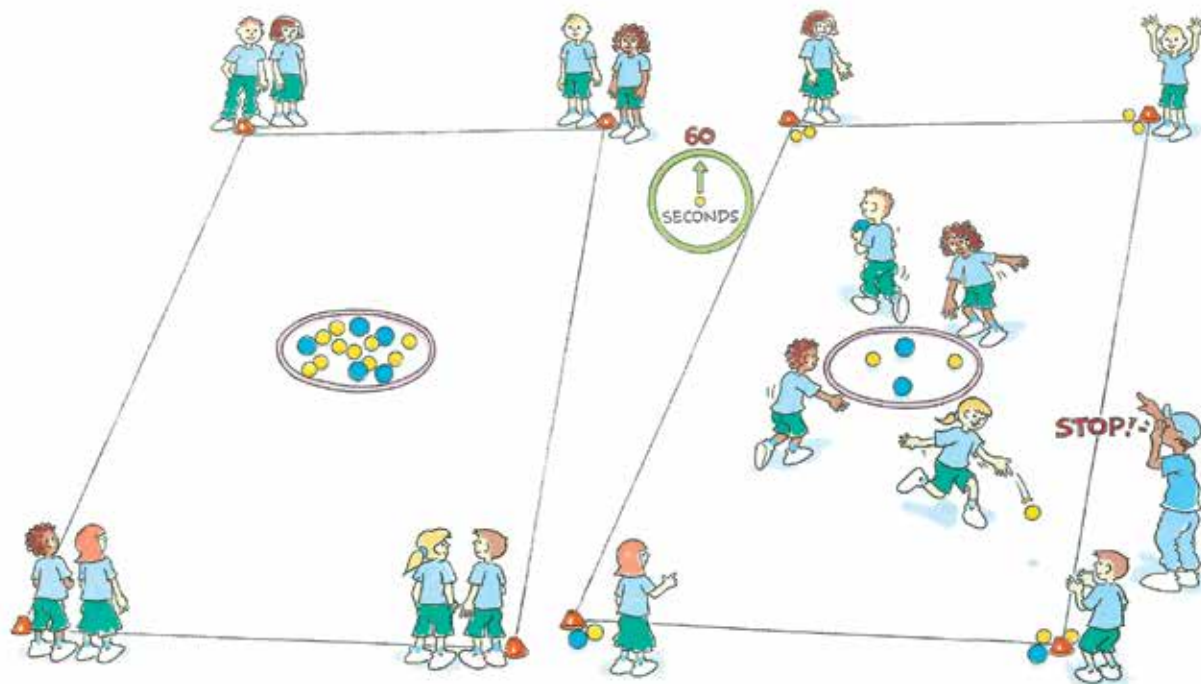


# SPORTAUS



# How many bean bags?

One player from each pair runs to a central point, collects a ball and runs it back to their base, where they tag a team-mate who does the same. The aim is to collect the most balls.



## What you need

- > 15–20 balls of different size
- > 4 cone markers for each playing area
- > Chalk or removable tape

## What to do

- > Form 4 groups of 2 for each game area
- > Use an activity such as *Form a group* to group the players.
- > Use other combinations as required [e.g. 6 groups of 4 or 5, but adjust the playing space so it is not too crowded].

## Playing the game

- > Teams collect as many balls as possible in the allotted time (e.g. 60 seconds).
- > When all the balls have been removed from the centre, the coach calls 'STOP!'

## Variation

- > Replay the game, allowing all players to simultaneously collect and deposit balls without passing balls to a team-mate.

PHYSICAL LITERACY ELEMENTS

MOVING WITH EQUIPMENT  
CARDIOVASCULAR ENDURANCE

ETHICS

RULES

AC:HPE CONTENT DESCRIPTIONS

## LEARNING INTENTION

*How many bean bags* can be used as a warm up for catching, throwing and fielding skills.

ACPMPO25  
ACPMPO43

## Coaching

- > Encourage players to communicate with their team-mates.
- > Fielding requires chasing, retrieving, changing direction and returning. Warm-up activities like *Here, there, nowhere* help develop agility.
- > Replace the 'throwing back to home base rule' with 'run back to home base and hand the ball over'.
- > **Work in pairs** – roll the ball back to home base, receiving player calls the direction if a player has limited vision.
- > Mobility-restricted players can be stationed at a base and receive thrown balls.

## Game rules

- > First group to collect 5 balls.
- > Vary the movement – try springing from 2 feet. You may need to reduce the time for collecting (e.g. 30 seconds).
- > Vary the method of transporting the ball – use legs to hold the ball, carry the ball under the armpit, hold the ball above the head.
- > Require a fun activity before returning to home base (e.g. figure of 8 with the ball between the legs).
- > Both players retrieve, but they form a train and maintain contact all the time.

## Equipment

- > **Easier** – use soft balls, bean bags or a suitable light object (e.g. a teddy bear).
- > **Harder** – a mix of balls, which might include a light medicine ball, a large exercise ball or a rugby ball.

## Playing area

- > **Smaller space** – makes it more 'crowded'.
- > **Larger space** – achieves increased activity levels.



## Safety

- > Players should be familiar with space and other player awareness games with activities such as *Here, there, nowhere*.
- > Players should look out for other players. Pause the game to remind players if necessary.
- > Use a braking activity to slow players as they approach the circle.
- > The circle in the middle should be large enough to avoid head collisions as shown.



## Ask the players

- > How do you avoid collisions?
- > What can you and your partner do to gather the most balls (e.g. players raid agreed bases)?
- > Which rules would you change/add to make it fairer for all teams?