

# Bean Bag Challenges

## Summary

Students will explore many challenges using the beanbags. Locomotor as well as manipulatives and non-manipulatives are involved.

## Group Size

Individual

## Materials

A class set of beanbags.

## Intended Learning Outcomes

Students will enhance their knowledge of physical fitness skills as well as related terminology.

## Instructional Procedures

Have students perform the following actions:

Balance the beanbag on their head, forehead, nose, shoulder, hand, 5-4-3-2-1 fingers, elbow, tummy, back, knee and foot.

Balance beanbag on their head and rotate the beanbag in as big a circle possible without the beanbag falling off.

Sit down with the beanbag on their head and stand back up.

Balance beanbag on their head and walk in a zigzag pattern, curved path, straight path, and a combo path.

Balance the beanbag on their foot and swing it back and forth like a pendulum. Challenge the students to try the other foot.

Hold the beanbag in an outstretched arm and touch the beanbag with their opposite foot while leaving the arm straight out.

Move like a crab with the beanbag balanced on their tummy.

## Strategies for Diverse Learners

Students may always try this activity while holding the beanbag until they feel more comfortable trying challenges without holding.

## Authors

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