

Quick Reference Activity Card: Bean Bags 2

Set-up: Each student with a bean bag. Use 4+ cones to set perimeter boundaries.

Each activity below takes approximately 10 minutes.

Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

*Suggested MC Cards* refers to the Movement Concept Cards recommended for each activity.

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|  | Activity Description | Suggested MC Cards | Category  |
| 1 | *Color Move** Students line up on one side of gym with bean bag.
* Teacher calls a color and locomotor skill. Students with that color bean bag use the skill to cross the activity area.
 | Across | **Locomotor** |
| 2 | *Tower Building** Students move in general space with a bean bag.
* Teacher calls out a color, and students with that color put their bean bag down and then go retrieve another.
* With each color called, students place bean bags on top of others to make towers as tall as possible.
 | On | **Social/Emotional** |
| 3 | *Bean Bag Flies** Students on all fours with a bean bag on their back.
* Students are cows stuck in the mud (can’t move hands/feet) and must shake off the flies (bean bags).
* Experiment with different fly placements.
 | Off | **Balance** |
| 4 | *Waterfall** One bean bag per 2 students.
* One student stands tall with bean bag and drops it to the student crouching down at a low level.
* After each catch, switch roles.
* Add a challenge to go faster up and down
 | Up, Down, Low, High | **Health/Nutrition** |
| 5 | *Give with it** Students scattered, seated with bean bag in hands.
* Bean bags are eggs. Students must toss and catch them without allowing the egg to drop and break.
* Students will attempt to catch the egg, going from a seated to a kneeling to a standing position.
 | Low/Medium/High Levels, Up, Down | **Manipulative** |
| 6 | *Simon Says** Classic Simon Says with tasks/instructions that incorporate the bean bag.
* Example tasks: stand next to, behind, in front, on top, under, over, near, far, in relation to the bean bag.
 | Next To, In Front, Behind, On Top, Under, Over, Near, Far | **Movement Concepts** |