

BEAN BAGS FLIES

LEARNING TARGETS

- ✓ I will use my creativity to get the fly off my back.
- ✓ I will use body control to get the fly off my back.

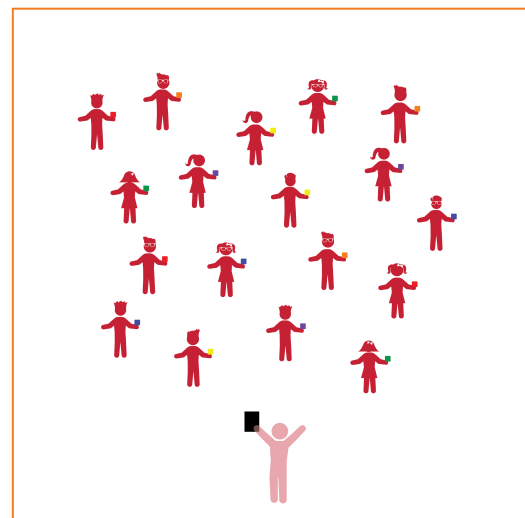
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 bean bag per student
- ✓ Cones to create boundaries

Set-Up:

1. Scatter students in personal space, each with a bean bag.
2. Be sure spacing between students is safe.



Activity Procedures:

1. The objective of this activity is to practice body control by standing on all fours and shaking a bean bag off our back.
2. We're going to play a game called *Bean Bag Flies*. Before we start, look around and take note of your personal space and your bean bag's color.
3. Today we are cows, and our legs are stuck in the mud. This means we can't move. Just now, a fly (bean bag) has landed on your back.
4. Have students arrange themselves on all fours with a bean bag on their back.
5. When I say, "GO," shake your body without moving your hands and legs until the fly falls off.
6. Next, students can replace the bean bag and try to get it to fall to the other side of their body.

Universal Design Modifications:

- Allow students to lift 1 arm or 1 leg to help them get the fly off.
- Experiment with placing the bean bag on different spots on the back. Challenge students to try different ways of moving to get the fly off their back. Experiment with bean bags on the tummy while in a crab stance.

DEVELOPMENTAL INDICATORS

- ✓ **Creativity:** Approaches tasks, activities, and play in ways that show creative problem solving.
- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Cognitive Self-Regulation:** Demonstrates an increasing ability to control impulses.