

Quick Reference Daily Activity Card: Bean Bag 1

Set-Up: Scatter spot markers with bean bags in the activity area. Use spot markers as a Home Base.

One student per Home Base/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 are the Movement Concept Cards that the authors suggest using with this activity.

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|  | Activity Description | Suggested MC Cards | Category |
| 1 | *Bean Bag Home Base*   * Students remember their bean bag’s color/location on the floor. This is their Home Base. * On “GO,” students begin walking in general space within set boundaries. * After 15-30 seconds, say “FREEZE” (or another consistent stop signal). Prompt students to walk back to their Home Base. Repeat. | Alongside, On, Over | **Movement Concepts** |
| 2 | *Move Like This*   * Students walk safely in the area.  On stop signal, students walk back to Home Base. * Repeat, calling out different ways for students to move. | Curved Pathway, Straight Pathway | **Locomotor** |
| 3 | *Bean Bag Body Parts*   * With students and bean bags on Home Base, teacher calls out a body part (e.g. elbow, head, etc.).  Students touch that body part to the bean bag, which is lying on the spot marker. | Low Level, Over, | **Social/Emotional** |
| 4 | *Bean Bag Balance*   * Students listen to teacher prompts and balance bean bags on different body parts. (Suggestions: head, shoulder, elbow, wrist, hand, 3 fingers, knee, foot.) * Next, challenge students to move safely around their Home Base while balancing a bean bag. | Matching, Follow, Twisting | **Balance** |
| 5 | *Home Plate Fruit Finder*   * Students move safely in activity space. On stop signal, students find a new Home Base/bean bag, and call out a fruit or vegetable matching the bean bag color. | Ready to Learn, Self-Space | **Health/Nutrition** |
| 6 | *Bean Bag Eggs*   * Students sit on “eggs”/bean bags (like a bird does). * With imaginary ball, students self-toss and catch. * Students place bean bag (egg) in their hands. From a seated position, students gently toss and catch the bean bag, straight up and down. They are pretending it is an egg. | On, Small | **Manipulative** |