

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** |