

Beanbag Balances

Age:	3-7 Year olds
Participants:	1+
Time:	10 Minutes
Equipment:	Cones, obstacles (optional)

Skill(s):



Balancing

Set Up:

- Set up various obstacles

Description:

This game is good as a break from high intensity games. Children spread out and face coach. Coach chooses various balance challenges to complete, while balancing a beanbag on head:

- Stand
- Walk
- Run
- Jump
- Sit-to-stand
- Animal walks



Variations:

- Coach can challenge groups by making the challenges competitions to see who can keep beanbag balanced the longest
- Coach can time group until 1st drop to encourage repeat efforts at challenges and promote team work
- Children can set the challenges
- Coach can lead group through obstacle course with beanbag on head
- Can use Simon Says to keep children engaged

Teaching Points:

Balance

- Head up
- Eyes forward looking at something ahead of them e.g. tree
- Aeroplane arms





HOME CHALLENGE: BEANBAG BALANCE

TRY LOTS OF DIFFERENT MOVEMENTS WHILST BALANCING THE BEANBAG

Start balancing on one leg with the beanbag on your head, then challenge yourself with trickier balances



Here are some tips to help you:

- ✓ Head up
- ✓ Arms spread like an aeroplane
- ✓ Look straight ahead

*Can you balance the beanbag while you walk, run, jump, or hop?
Can you move around with the beanbag on your head, hand, shoulder, elbow, or foot?*

How did this challenge make you feel?

Colour the face



DON'T HAVE A BEANBAG?

You can make one using a sock and some rice

Draw a picture of yourself doing the challenge

