

BEAN BAG MOVEMENTS



EQUIPMENT >>>

- ✓ 1 bean bag per participant
- ✓ Music (optional)

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ Teach participants the different movements with the bean bag. Movements may include:
 - Elbow Dip: place bean bag on floor/ground, get into push-up position, ensure bean bag is below face, lower down to touch nose to bean bag, and come back up again.
 - Corkscrew: place bean bag in hand, run around in a circle.

- Thread the Needle: place bean bag in hand, pass bean bag under legs to other hand.
 - Squat and Hold: hold bean bag to leg and do a one-legged squat.
 - Dip: sit on knees, place bean bag on floor/ground in front, attempt to touch nose to bean bag with arms out ready to support if needed.
 - Circle the Bean: circle the bean bag around each leg.
- ✓ After practising each movement, participants link together different movements in a sequence.