

# KEEPING THE BEAT



## EQUIPMENT >>>

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- ✓ Bean bags or soft balls (e.g., volleyballs, beach balls, foam balls)
- ✓ Music of varying tempos and genres with a strong beat

## SET UP >>>

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

## ACTIVITY >>>

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- ✓ Play an upbeat song that has a clear and distinct beat.
- ✓ Participants move freely around the activity area either bouncing a ball or tossing a bean bag into the air and catching it.
- ✓ The leader challenges participants to either toss the bean bag or bounce the ball when they hear the beat.
- ✓ If there is a pause in the song, ask participants to stop and call out a locomotion, such as hop, skip, or slide. Participants then incorporate that movement when they toss the bean bag or bounce the ball.