

Manipulative Skills Using Beanbags

SHAPE Standards:

1, 3, 4

DPE Outcomes:

- I can catch a self-tossed beanbag demonstrating 2 of 4 cues.
- I can change my catching based on what my teacher tells me.

Equipment:

- One beanbag per student

Instructions

Stand in place and practice tossing and catching.

Toss and catch with both hands — right hand, left hand.

Toss and catch with the back of hands. This will encourage children to catch with “soft hands.”

Toss the beanbag to an increasingly high level, emphasizing a straight overhead toss. To encourage straight tossing, have the child sit down.

Stand in place, toss, and catch while performing stunts.

Toss overhead and perform the following stunts and catch the bag.

1/4 and 1/2 turns, right and left.

Touch floor.

Clap hands around different parts of body, behind back, under legs.

Heel click.

Sit down, get up.

Toss, move to a new spot, and catch the beanbag.

Toss overhead, move to another spot, and catch.

Toss, do a locomotor movement, and catch.

Toss and move from side to side.

Toss overhead behind self, move, and catch.

Balance the beanbag.

Balance on different body parts such as knee, elbow, shoulder.

Manipulative Skills Using Beanbags

- Balance and move using different locomotor movements such as skipping, hopping, and sliding.
- Beanbag challenge activities.
- Hold the beanbag between knees and play tag with a partner or small group.
- Place the beanbag on tummy and shake it off.
- Place the beanbag on back and mule kick it off.
- Push the beanbag across the floor with different body parts.
- Toss the beanbag up and touch specified body parts.
- Put beanbags on floor. Rotate various body parts on a beanbag.
- Beanbag Balance Tag – Balance a beanbag on selected body parts. Announce a color to identify those who are it.

Teaching Hints

- This is an excellent activity for teaching students to track (keep their eyes focused on) the beanbag. Remind them not to look away while tossing and catching.
- Students should be encouraged to see how long they can balance the beanbag.
- These are body control activities. Students must be able to concentrate on moving slowly and keeping the beanbag in place.
- Use the challenges to motivate students. These activities will be exciting and should be integrated throughout the lesson.
- Hand-eye coordination is slowly learned after many repetitions.
- Encourage students to repeat their attempts even if they have successful attempts.