

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Bean Bag Body Balance

Game Description:

Easy and fun balancing activity that only uses bean bags!

Objective:

The goal of the activity is to balance bean bags on various places on the body.

Game Rules:

One bean bag is distributed to each person. The game begins by having all the children balance a bean bag on their head while moving around in the open space. As the children move call out different places to balance the bean bag such as: shoulder, elbow, back, hand and top of the foot. This activity is a great way to practice balance as they move!

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination