

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Bean Bag Scramble

Game Description:

Two teams compete to see who can get the most bean bags. Works on agility, balance, and running!

Objective:

Be the team to gather the most bean bags.

Game Rules:

Split the group into even teams and scatter the bean bags in the middle of the playing area. When the instructor says go, teams race to bring back bean bags to their hoop. Everybody from your team can go at once but is only allowed to pick up one bean bag at a time, the race stops once all the bean bags in the middle of the playing area are gone. Have each team count how many bean bags they gathered and the team with the most bean bags wins.

Adaptations (optional):

Have children skip, hop, jump or gallop while collecting bean bags.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Gallop
Hop
Jump
Run