



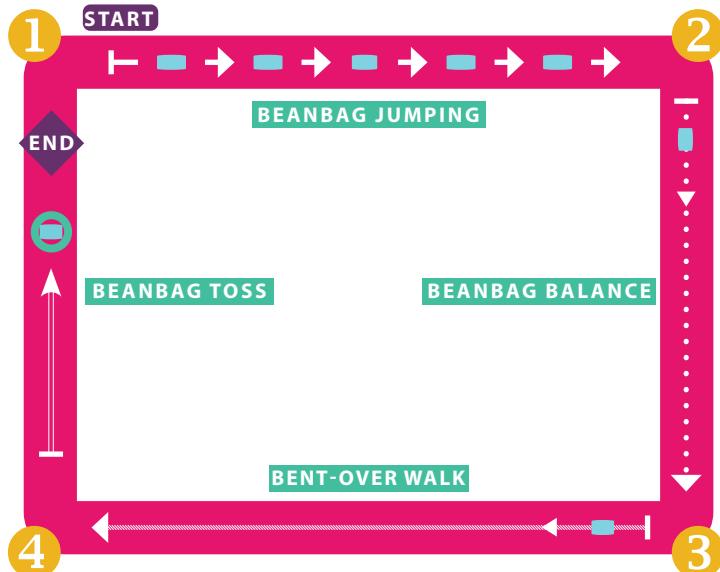
ADAPTABLE CIRCUITS FOR
INDOOR & OUTDOOR USE



Beanbag Boogie

Coordination & Locomotion with a Beanbag

MOTOR & MANIPULATIVE SKILLS
SPATIAL AWARENESS DYNAMIC BALANCE



INSTRUCTIONS

Beanbag Jumping

A beanbag is placed between the legs and small controlled jumps are done. The legs are squeezed together to prevent the beanbag from falling to the floor during the jumps.

Balancing a Beanbag

A beanbag is placed on the top of the head and balanced there while walking forwards to the next station. Encourage that the head must be still and the eyes look forward during the activity.

Bent-Over Walk

Bend forwards to create a right angle with the legs straight and the back parallel to the floor. A beanbag is placed on the back. Walk forwards keeping the same bent-over position to prevent the beanbag from falling off the back.

Beanbag Toss

A beanbag is tossed with underhand throw into a hoop a few meters away. Adjust the distance of the hoop according to the ability of the child. Have enough beanbags available at the start for each child.

ACTIVITY INFORMATION

Equipment	Beanbags Hoop Markers / Cones
Group Type	Individual Small Large Family Special Needs
Activity Type	Aiming Balancing Jumping Throwing Body Positions
Environment	Indoors Outdoors
Space Allocation	Large Space Small Space
Special Needs	Active
Key Language	Jump Squeeze Balance Angle Toss Underhand

ACTIVITY ADJUSTMENTS

Beanbag Jumping

Beginners/Intermediate/Advanced The jumping distance and speed can be adjusted as needed for each level.

Balancing a Beanbag

Beginners/Intermediate/Advanced An achievable activity for all. Increase the speed of the walk as needed.

Bent-over Walk

Beginners/Intermediate/Advanced An achievable activity for all. Increase the speed of the walk as needed.

Beanbag Toss

All Levels Increase the throwing distance as needed.

Parent-Child/Special Needs Please select the level you feel is appropriate and advance using the given suggestions.

SAFETY PRECAUTIONS

When doing the bent-over walk activity take care that the children do not bump into anything or anyone as their eyes are looking downwards rather than forwards.