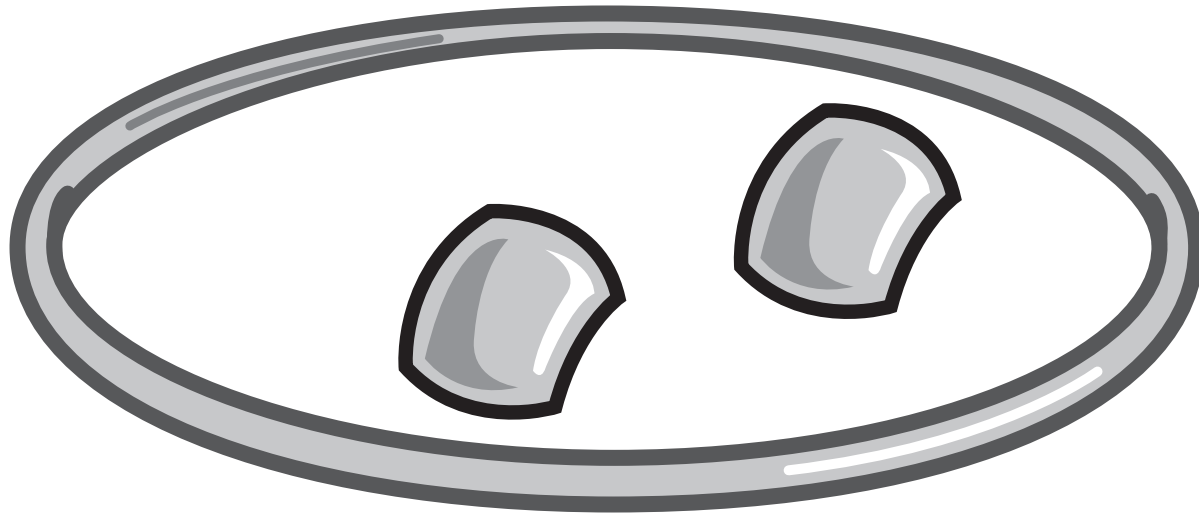


Single-leg Balancing Act



- Can you balance a beanbag on your (head, hand, shoulder, fingers) while standing on one foot? Switch feet.

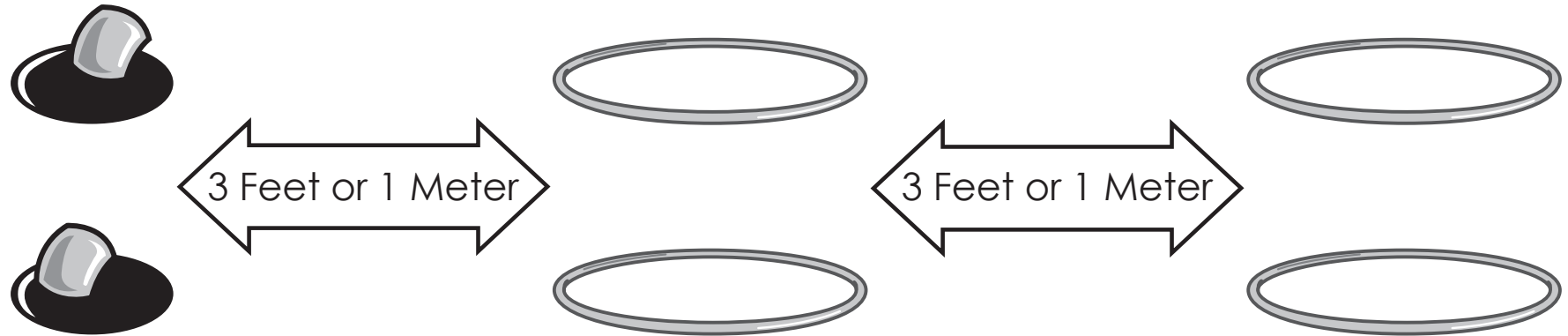


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Equipment needs:

2 Beanbags, 1 Hoop

Underhand Target Throw

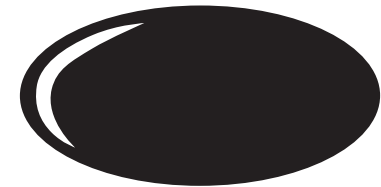
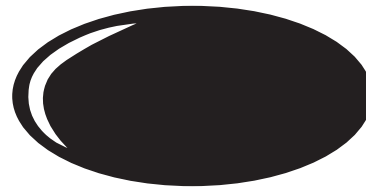
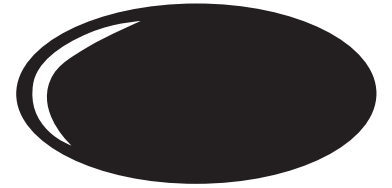
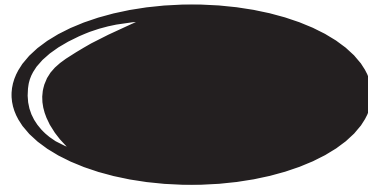
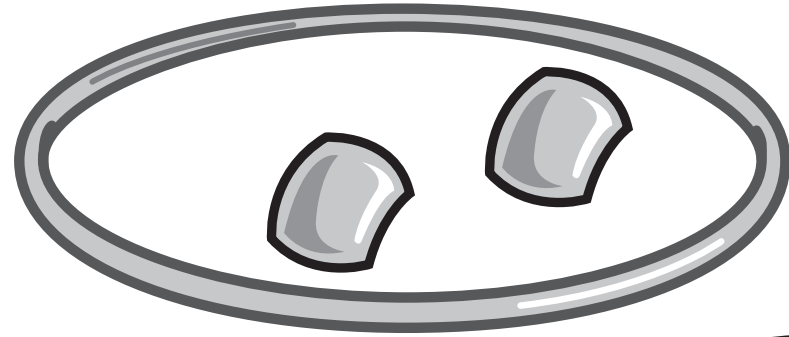
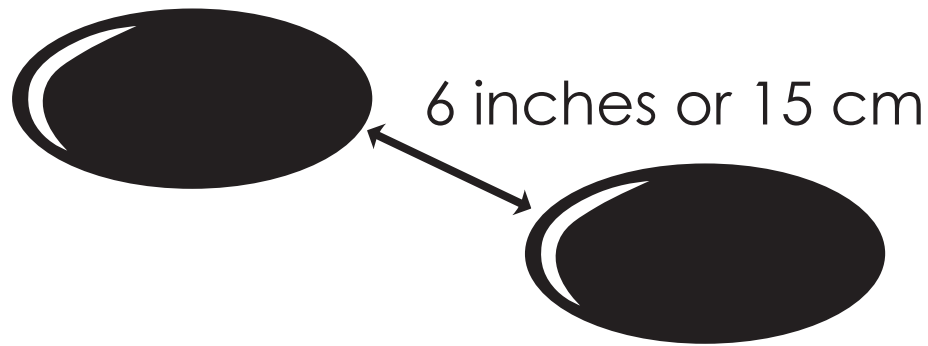


- How many times can you underhand throw your beanbag into a hoop while standing on a spot marker? You can throw into either row of hoops. Say, “Yahoo!” if it goes in.

Equipment needs:

2 Spot markers, 4 Hoops, 1 Cone, 2 Beanbags
1 Object Control Skill Card - Beanbag Underhand Throw (Optional)

Pathway Balance

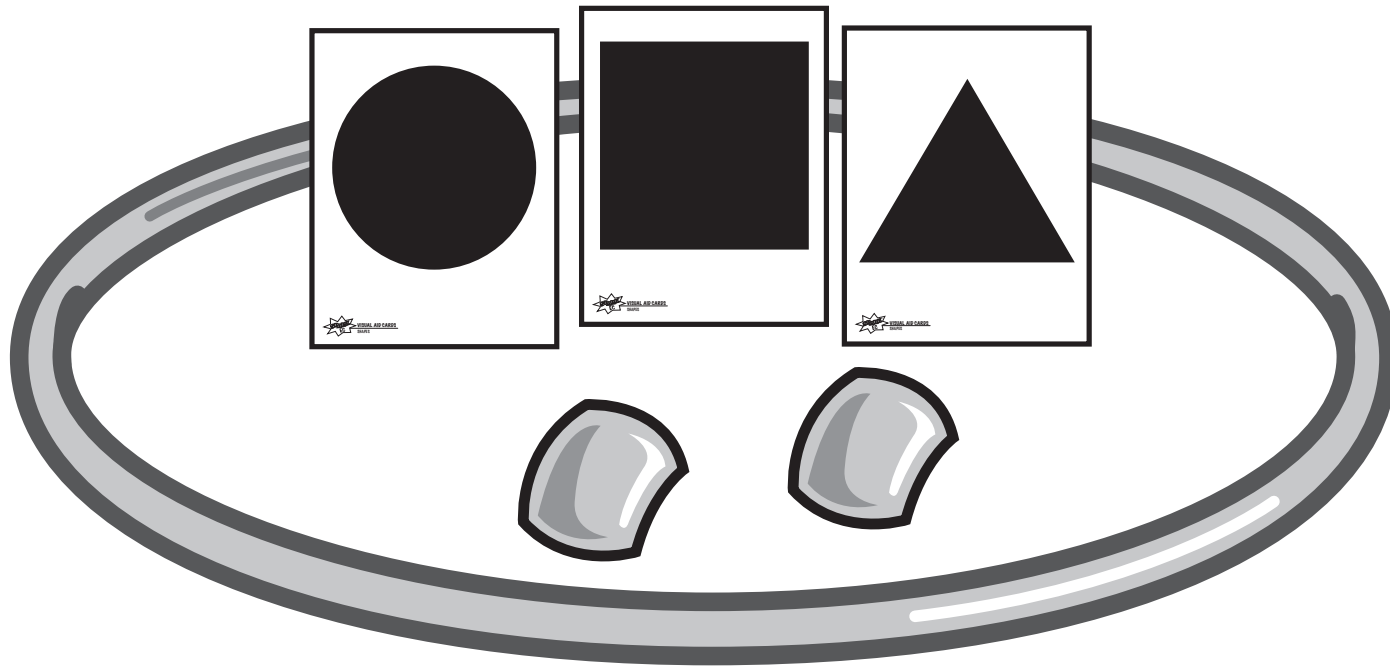


- Balance a beanbag on your elbow and walk from spot to spot.

Equipment needs:

6 Spot markers, 2 Beanbags, 1 Hoop

Shape Art



- Balance a beanbag on your foot. Draw the shapes with your foot. Switch feet.

Equipment needs:

2 Beanbags, 1 Hoop
3 Shape Visual Aid Cards -
Circle, Triangle, Square

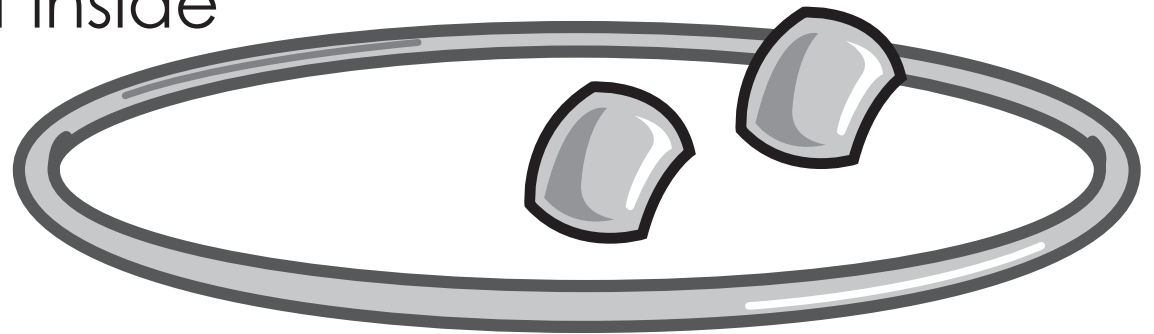


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Free Play



- Safely play with a beanbag. Remember to keep it inside your bubble.



Equipment needs:

2 Spot markers, 2 Beanbags, 1 Hoop



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