



- placing the targets inside objects such as a bucket or pot.
 - moving the targets further away
 - adding obstacles in front of targets
- Increase the challenge**

Scatter the printable targets on the ground, with lowest points closest to the throwing line. Take turns tossing bean bags and trying to land on the targets.

Target Toss

Jumping Beans

Scatter the bean bags on the floor.

Pick up one and toss it into the air. With the same hand, pick up another bag and transfer it to your other hand. Repeat until you have all bean bags in one hand, and catch the thrown beanbag in the other.

- For this activity you will need a piece of rope, lay the rope in a straight line on the ground. Balance a bean bag on your head and try to walk along the rope without it falling off.
- **Ideas to make it harder are**
- balance a second bean bag on top of the first.
- pick up an object along the way
- add turns or waves to the rope line.
- try a heel to toe walk.

Walk the Line

Bean Bag Games



Try throwing up the bean bag and then catch it on the back of your hand. Throw it up from the back of the hand, and catch again. Can you toss it from the back of one hand to the other hand? And then back again?

Ultimate challenge

Fill the Bucket

Place a pile of bean bags on one side of the yard and a bucket on the other, move all the bean bags to the bucket one at a time.

You can make this a race with more than one child by giving them each a bucket to fill and see who gets the most.

Or for one child change the way they have to get to the bucket each time eg. crawl, hop, jump, walk backwards etc. .

- Start by tossing the bean bag into the air and then catching it, once you can do this easily try some of these ideas.
- toss the bean bag higher into the air
- try to toss and catch the bean bag with only one hand
- toss with one hand and catch with the other
- add a clap after tossing the bean bag and before catching, see how many claps you can add and still catch the bean bag.

Tossing

Juggling

Start with one bean bag and toss it up and catch with the other hand. Once this can be done add a second bean bag and toss both to the other hand at the same time. Then add the third bean bag, for this to work your timing needs to be spot on, you will need to be catching with one hand, while tossing with the other and have one bean bag still in the air ready to catch.

Bean Bag Targets

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