



FOCUS ON USING BEANBAGS

WARM-UP



- (i) Children copy the teacher making stretched shapes. Move gently in and out of each other using all the space. *(As children get confident, move in different ways at different speeds.)*
- (ii) Remember how we ran forwards, **carefully** backwards looking over our shoulders, and galloped sideways last lesson? Practise all those different ways on your own, carefully looking where you are going.
- (iii) BEANS Warm-up ...

RUNNER BEANS	=	running
BROAD BEANS	=	stand in a wide stretch
JUMPING BEANS	=	jumping two-footed
BAKED BEANS	=	Curl up small on the floor.

(Teacher calls out the different beans and the children respond. This should be a lively and energetic activity.)

SKILL DEVELOPMENT

- (i) Collect a beanbag, quoit or small ball each. Practise throwing and catching, then with a ball bouncing downwards - standing still and on the move *(walking or moving in different ways)*.
- (ii) Choose a medium or large **ball** to throw and catch and then throw and catch “on the move”.
- (iii) Put the ball on the floor and dribble or steer it about the playground with your hand. STOP and change direction. *(Encourage them to steer with the other hand also)*



- (iv) Place the ball on the floor and walk along keeping the ball close to your feet. Can you stop the ball by putting a foot on top of it? Dribble and STOP and change direction. *(Repeat several times, responding to a signal from the teacher)*

- (v) Dribble with feet and play TRAFFIC LIGHTS ...

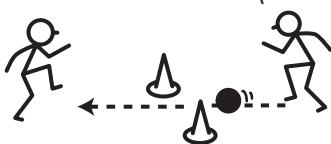
RED	=	stop
AMBER	=	walk and dribble
GREEN	=	gently run and dribble.



- (vi) Kick the ball a little way, run after it, overtake it and stop it with your foot on top. *(Emphasise that the ball must be under control - a short distance kick!)*

GAME ACTIVITY

- (i) TARGET KICK
Stand with a partner *(ask them to number themselves No.1 and No.2)*
No.2 sits down and No.1 puts away his / her ball and takes out two markers *(these could be cones, domes, beanbags etc.)*



Start with the markers two “big steps” apart - smaller space = harder target. Can they gently kick the ball between the markers to their partner who stops it before kicking it back.

- (ii) If you can do this six times without missing, you can move a bit further away and repeat it. **(N.B. Organisation:** *If you are working in a limited space make sure children are all kicking in the same direction i.e. in alignment - see p13.)*

CONCLUDING ACTIVITY

- (i) Line up in your colour corner. Leader take your line for a slow walk without bumping into anyone.