

<h1>Bean Bags</h1>			
<p>Body Bean Bag Games</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place bean bag on different parts of the body (esp. left/ right/ behind/ in front of) <input type="checkbox"/> Move bean bag along the ground without hands – move it with nose/ knees/elbows <input type="checkbox"/> Crawl with bean bag balanced on back <input type="checkbox"/> Pick up bean bag with toes & drop it in a box <input type="checkbox"/> Place bean bag on foot & flip & catch it <input type="checkbox"/> Place bean bag on foot & swing it to & fro without dropping it <input type="checkbox"/> Place bean bag between ankles/ knees/ feet/ elbows and jump to line <input type="checkbox"/> Lie on back with bean bag held between feet. How high can you toss it? 	<p>Throw</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vary distance <input type="checkbox"/> Vary height <input type="checkbox"/> Throw underhand <input type="checkbox"/> Throw overhand <input type="checkbox"/> Throw with right hand & catch with left hand <input type="checkbox"/> Vary pace – slow & fast <input type="checkbox"/> Throw from hand to hand while kneeling/lying on the floor <input type="checkbox"/> Throw while walking/ running/ hopping catch bean bag 	<p>Catch</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throw & clap before catching <input type="checkbox"/> Throw & clap above head before catching <input type="checkbox"/> Throw & clap behind before catching <input type="checkbox"/> Throw & turn around before catching <input type="checkbox"/> Throw & touch the ground before catching 	<p>Aim & Throw</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim & throw bean bag in box/ waste paper bin. Gradually increase the throwing distance <input type="checkbox"/> Aim & throw in hula hoop held at different heights & distances <input type="checkbox"/> Throw over hoop/ rope into a bucket/ basket in the ground <input type="checkbox"/> Hang an old pillowcase stuffed with newspaper on a wash line. Aim to hit “target” from different distance <input type="checkbox"/> Play “Skittles” – aim at plastic cold drink bottles filled with a little sand <input type="checkbox"/> Play hopscotch with bean bag instead of a stone.

Bean Bags Group Games

<ul style="list-style-type: none"> <input type="checkbox"/> Throw & catch bean bag across circle. <input type="checkbox"/> Additional bags can add more excitement!! 	<ul style="list-style-type: none"> <input type="checkbox"/> Draw <u>goal line</u> on ground. Take turns to throw over the goal line. <input type="checkbox"/> Increase distance. <input type="checkbox"/> Use alternate hands. <input type="checkbox"/> Can they hit each other's bags? 	<ul style="list-style-type: none"> <input type="checkbox"/> Spread 5 or 6 bags in row on the ground. <input type="checkbox"/> Children jump from one bean bag to another, counting jumps. 	<ul style="list-style-type: none"> <input type="checkbox"/> Place 5 or 6 bean bags in circle. <input type="checkbox"/> Children walk/ run/ tiptoe/ hop/ skip in and out the circle.
<ul style="list-style-type: none"> <input type="checkbox"/> Place 5 or 6 bean bags in row. <input type="checkbox"/> Children walk forwards counting till they reach specific colour. <input type="checkbox"/> Then they walk backwards, counting backwards. 	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Piggy in the middle.</u> <input type="checkbox"/> Middle child tries to catch bean bag thrown over his head. <input type="checkbox"/> If he catches the bag, the person who threw is the 'piggy' 	<ul style="list-style-type: none"> <input type="checkbox"/> <u>American Indian Game</u> – Children sit in a circle. 1 child is blindfolded in the middle with a bean bag on the ground beside him. One child tries to 'steal' the bean bag from the 'Indian'. If the 'Indian' hears him, he points in the direction of the sound. If he accurately points at the 'thief' he stays as 'Indian'. If he does not hear the thief, the thief becomes the 'Indian'. 	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Wheelbarrow</u> – Place bean bags in a pile on one side of the room/ playground and a bucket on the other side. <input type="checkbox"/> Children grouped into pairs. 1 child kneels and the other lifts his feet. A bean bag is carried on the 'wheelbarrow's' back to the bucket. <input type="checkbox"/> They swap to be the 'wheelbarrow'. First pair to throw all their bags in bucket is winner.
<ul style="list-style-type: none"> <input type="checkbox"/> <u>3-Legged Races</u> – 2 children have ankles tied. Each child carries a bean bag. <input type="checkbox"/> First to cross winning line with their bags in the bucket is winner 	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Gather bags</u> – Each child needs 3 bags & bucket. Bean bags are placed a distance away. When whistle blows they run, collect a bag, throw it in bucket. First to throw all in wins 	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Doggy Bags</u> – Children sit in ring. Each child has 3 bags at his feet. Basket in centre. When whistle blows, each child picks up bean bag with teeth & crawls with it to basket. 1st "doggy" to put all 3 bags in basket wins. 	

Bean Bags Group Games

<p>I Wrote A Letter To My Love –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children sit in a circle. <input type="checkbox"/> One child is given the bean bag. He walks around the circle while children sing: <p style="text-align: center;"><i>“I wrote a letter to my love and on the way I dropped it. I dropped it once, I dropped it twice, I dropped it 3 times over. It wasn’t you, it wasn’t you, ...”</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> The child drops the bean bag behind one of the children in the ring. <input type="checkbox"/> That child jumps up, picks up the bean bag and chases the child who dropped it. <input type="checkbox"/> The child who dropped it runs around the circle till he finds a place to sit down. <input type="checkbox"/> The 2nd child now walks around while all sing. 	<p>Bucket Relay –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children stand in circles for each team. <input type="checkbox"/> 1 child (the starter) has 3 bean bags on the ground in front of him. <input type="checkbox"/> He places the 1st bean bag on his head & walks to the child next to him. He shakes the bean bag off his head. The 2nd child catches the bean bag and he then turns to the next child with the bag on his head. Go on till each player has their turn. <input type="checkbox"/> When they reach the first player he throws the bean bag into the bucket in the middle of the circle. <input type="checkbox"/> The ‘Starter’ places the next bean bag under his chin. Play goes on as before. <input type="checkbox"/> The 3rd time he places the bean bag on his shoulder. Play goes on as before. <input type="checkbox"/> First team to place all 3 bags in the bucket wins. 	<p>Whistle Relay –</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 teams stand in rows. <input type="checkbox"/> Starter has a bean bag. <input type="checkbox"/> When whistle goes, starter in front passes bean bag over his head to child behind, who passes to next child ... to the end of the row. The child at the back of the row runs to the front & is the new starter. <input type="checkbox"/> When every child has had a turn to be in front, the whole row sits down, the whistle blows and the first team to sit wins. <input type="checkbox"/> Vary this relay – passing the bags <ul style="list-style-type: none"> <input type="checkbox"/> between knees <input type="checkbox"/> behind back from left to right hand twisting around <input type="checkbox"/> under chins <input type="checkbox"/> on shoulders <input type="checkbox"/> between ankles <input type="checkbox"/> between elbows <input type="checkbox"/> behind the neck <input type="checkbox"/> balanced on the top of a foot 	<p><input type="checkbox"/></p>
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<h2 style="text-decoration: underline;">Skipping Ropes</h2>			
<p>Snake Line – Lie the rope on the ground in a straight line</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jump over it <input type="checkbox"/> Jump backwards <input type="checkbox"/> Jump sideways <input type="checkbox"/> Start at one end and jump from left to right to left to the other end <input type="checkbox"/> Hop on 1 foot from left to right to left to other end <input type="checkbox"/> Hop on the right foot on the right side of the rope till the other end and then jump on the left foot on the left side back again <input type="checkbox"/> Lay the rope in a curved line and let the child walk backwards/ forwards/ sideways/ heel-to-toe along the rope 	<p>River Jump – Use the rope doubled/ or use 2 ropes and lay them next to each other about shoulder distance apart.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jump from 1 side to the other and back again <input type="checkbox"/> Bridge walk with one foot on each rope to other the end. <input type="checkbox"/> Cross legs over as the child walks from one end to the other end. 	<p>Shape Walk – Let the child place the rope on the ground in the following shapes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> a circle <input type="checkbox"/> a square <input type="checkbox"/> a rectangle <input type="checkbox"/> a triangle <input type="checkbox"/> an oval <input type="checkbox"/> Walk around the shapes calling out the name of the shape <input type="checkbox"/> Run/ hop/ skip/ crawl around the outside/ inside of the shape <input type="checkbox"/> Keep hands inside the shape and let the child jump just their feet out the shape's sides 	<p>Hokey Pokey – Place the rope on the ground. Sing "Hokey Pokey"</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>"You put your left foot in"</i> (child puts their left foot in) <input type="checkbox"/> <i>"You put your left foot out"</i> (child takes their left foot out) <input type="checkbox"/> <i>"You put your left foot in and shake it all about"</i> (child puts their left foot in and shake it) <input type="checkbox"/> <i>"You do the Hokey Pokey and you turn around and that's what it's all about!"</i> <input type="checkbox"/> Repeat with right foot/ left arm/ right arm/ right shoulder/ left shoulder/ left hip/ right hip/ whole self ...
<p>Rodeo Rope – Play outside. Hold both ends in one hand. Make a 'helicopter' and twirl it over their heads.</p>	<p>Rope Two-Tug – Each person holds one end with both hands.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Now pull! 	<p>Squiggly Rope – One person twirls the rope on the ground around them as others jump over the rope when it passes them</p>	

<h2>Learning to Skip:</h2>			
<p>At about 6 years, the child has developed the strength, stamina, agility, co-ordination and planning skills required for skipping. These are the basic skills needed to learn to skip:</p> <ol style="list-style-type: none"> 1. Plan each movement before they begin them. 2. Bi-lateral movement of hands & feet. Jumping and swinging both arms over the head. 3. Eye-tracking to watch the movement of the rope as it moves away and towards the body; distance and speed is also calculated 4. Rhythm and timing. 5. Perseverance is vital! Skipping is a complex activity and requires lots of practice in the initial stages. 	<p>Check the correct rope length:</p> <p>Let the child stand on the rope with the ends in both hands. The handles should reach just below the armpits when standing on the middle of the rope.</p>	<p>Starting Skipping:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Little Skips</u> – hold the rope in both hands. Jump forward and backwards over the rope still low on the floor. <input type="checkbox"/> Swing the rope slightly and jump forwards and backwards. <input type="checkbox"/> <u>Second Stage</u> – hold rope ends in each hand. Stand with feet together and the rope behind your heels. <input type="checkbox"/> Swing the rope over your head and down towards your feet. <input type="checkbox"/> When the rope reaches your feet – Jump! <input type="checkbox"/> Repeat this until you can skip! 	<p>Variations –</p> <ul style="list-style-type: none"> <input type="checkbox"/> skip slowly <input type="checkbox"/> skip fast <input type="checkbox"/> run & skip <input type="checkbox"/> skip with both feet together <input type="checkbox"/> skip with 1 foot and then the other <input type="checkbox"/> skip & sing <input type="checkbox"/> skip & count in 2/ 4/ 5/10's <input type="checkbox"/> skip & say the alphabet
<p>Skipping with friends When children are good skippers, they can jump with a partner.</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 child turns and the other joins in <input type="checkbox"/> Each child holds a handle and they both skip 	<p>Skipping with 3 & a long rope <u>Beginners:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 swinging the rope from side to side while 3rd child jumps over a few times & runs out (If you don't have 2 swingers, tie the rope to a pole and 1 swings) 	<p>Skipping with 3 & a long rope <u>Intermediate:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> With more skill, they can turn the rope in full circle and the 3rd child runs under and out <input type="checkbox"/> Practice timing till the jumper runs in and jumps & runs out 	<p>Skipping with 3 & a long rope <u>Advanced:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> More than 1 child can jump between the 2 swinging the rope. <input type="checkbox"/> Skip & sing songs ** or till the jumper misses the rope

<h2 style="margin: 0;">Skipping Songs</h2> (** for long rope skipping)			
<p><i>Salt, mustard, vinegar, pepper, I'll write my friend a long, long letter. Salt, mustard, vinegar, pepper.</i></p>	<p>Pat a cake, pat a cake, baker's man, Bake me a cake as fast as you can, Pat it and prick it and mark it with 'B' and put it in the oven for baby and me</p>	<p><i>Half a pound of tuppenny rice Half a pound of treacle That's the way the money goes Pop goes the weasel!</i></p>	<p>Watch how high I'm jumping Watch how far I hop Watch how long I'm skipping Watch how fast I stop!</p>
<p><i>Yankie Doodle went to town, Riding on his pony. He stuck a feather in his hat, and called it macaroni.</i></p>	<p>The great big train goes down the track it says 'toot toot' and then goes back</p>	<p><i>Cups and saucers. Plates and dishes, here comes the man With the calico breeches.</i></p>	<p>2, 4, 6, 8. Mary's at the garden gate. Is she early, is she late? Mary's at the garden gate.</p>
<p>** <i>Sway and swing, sway and swing, Turn the rope while I am in, Eavy, Ivey, OVER. A. B. C. D. E. F. G. H ...</i></p>	<p>** I'll touch my hair, my lips, my eyes. I'll bend down low and then I'll rise. I'll touch my ear, my nose, my chin. Then quietly I'll skip out again.</p>	<p>** <i>Point to the ceiling, point to the floor; Point to the window, point to the door. Point to the table, point to the chair, Point to my mother/teacher/ friend standing there.</i></p>	<p>** I'm a little girl guide dressed in blue. There are the things that I must do: Salute to the king, and Bow to the queen, Cross the road when the robot turns green! (British song)</p>