A-Z School Games Challenge

I – Inclusion
Challenge – Bean Bag Master

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SGOCoventryWest

Bean Bag Games: Individual Skills & Games (PART 1)

These games help young people to develop balance, movement, manipulation, targeting and toss & catch skills.

What you need

- A suitable indoor or outdoor surface.
- A bean bag or alternative (see ‘Equipment’) for each player.

Balance bean bag

Players try to:

- Balance the bean bag on as many different parts of the body as possible; for example, on an out-stretched arm or leg, back, head or elbow;
- Balance it on their head while seated on the floor, then try to stand up without dislodging it - no hands allowed!
- Move while balancing the bag on part of their body.

Score an own goal

Players try to:

- Toss the bean bag in the air, and make a ‘hoop’ with your arms and hands;
- ‘Catch’ the bean bag in their hoop as it falls.

Body catch

Players:

- Toss the bean bag in the air catch it on part of their body (for example, bend forward and catch it on their back); players who have mobility impairments can try catching the bag on the back of an out-stretched arm or leg or on their lap.

Think about

- Ways in which you can improve your catching; for example, getting hands ready to catch as soon as the bean bag is tossed.
FUN FACT – At the most recent Paralympic Games hosted in Rio de Janeiro in 2016, Team GB managed to win medals in 15 different sports and won gold across 11. Have a look at some of our brilliant Team GB Paralympic athletes here - https://www.youtube.com/watch?v=vq03KbL438A

Whilst watching, can you try and name all the different sports you see?

For more ideas on inclusive resources, take a look at the TOP Sportsability website - www.topsportsability.co.uk. The website is a unique inclusive sport and physical activities resource developed by the Youth Sport Trust (YST) in partnership with NGB’s of Sport.
To access you will need this code: Inclusion Lead Code = YSTINCLUSION9

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