



Australian Government
Australian Sports Commission

EASY MED HARD



ENERGISER

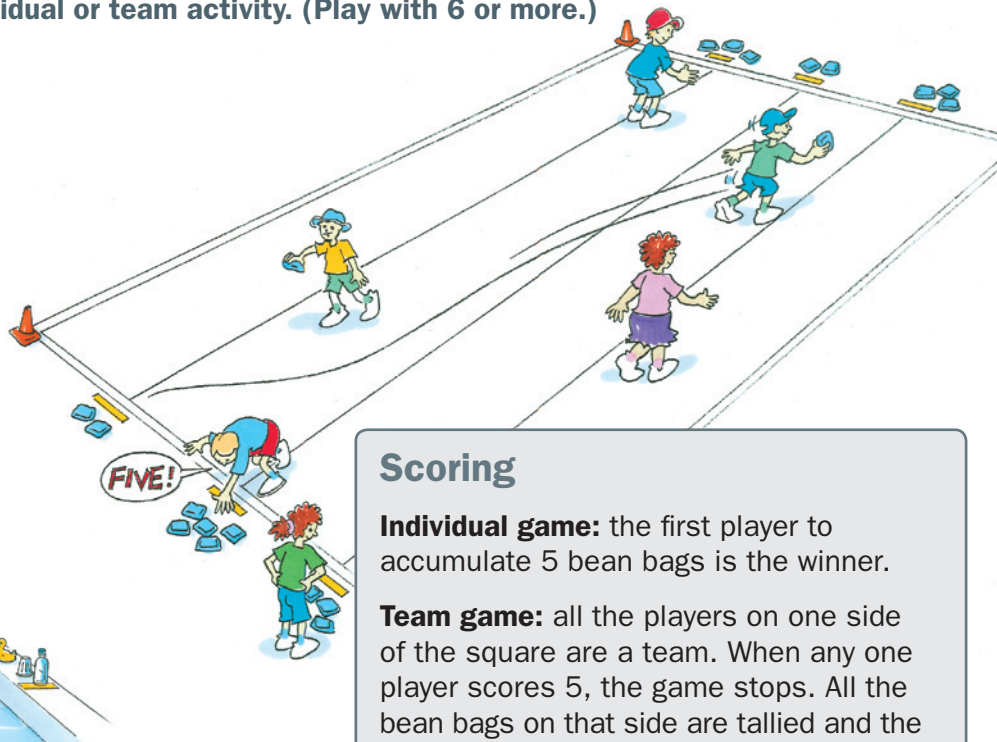
Get the bean bag

A

Players on opposite sides of a playing area each have 3 bean bags. Players run to the other side and steal one bean bag at a time. The winner is the first player to increase their total to 5. Can be an individual or team activity. (Play with 6 or more.)

What to do

- > Play on dry land. In the pool variation, suitable plastic toys are used instead of bean bags.
- > Establish boundaries.
- > For a pool that is too wide, use one corner.



Scoring

Individual game: the first player to accumulate 5 bean bags is the winner.

Team game: all the players on one side of the square are a team. When any one player scores 5, the game stops. All the bean bags on that side are tallied and the side with the most bean bags is the winner.

Ask the players

After some initial play, try the team game and ask the teams to individually discuss strategies for stealing the maximum number of bean bags – play and stop again to share strategies.

Change it

- > Set a time limit, e.g. 30 seconds.
- > Give a bonus point to the team that scores the first individual 5 points.
- > Vary the size of the playing area.

Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as Start out WC 03a,b.
- > Emphasise safety when players cross over each other's paths.
- > After depositing a bean bag, players should check for other players before running back.

Pool safety

- > Establish rules about how players can move through the water.
- > All players start standing in the water – NO diving.

LESSON LINK

Get the Bean bag builds on introductory space and player awareness activities (Start out WC 03a,b). Provides a way to 'disguise' vigorous activity requiring agility, while maintaining interest.

SESSION PLANS

Mixed combo > Start out WC 05a + Get into it Tg 11 + Get into it INV 08