

Activities for 6-7 years (KS1)



Durham and Chester-Le-Street SSP
Durham University Sport & Well Being Park
Maiden Castle
Durham University
Stockton Road
DH1 3SE

Bean Bag Skill Challenges

1. Balance bean bag on your head
2. Whilst bean bag is on your head bend your knees and touch your right toe with your right hand
3. Touch your left toe with your left hand
4. Touch your left toe with your right hand
5. Touch your right toe with your left hand
6. Walk to the end of the room or garden with the bean bag on your head
7. Walk to the end of the room or garden with the bean bag on your head
8. Run to the end of the room or garden with the bean bag on your head
9. Lift your right knee to 90 degrees and balance the bean bag on it and see if you can count to 10 seconds
10. Repeat with left knee
11. Lift your right foot and balance the bean bag on it and see if you can count to 10 seconds
12. Repeat with left foot
13. Throw bean bag up in the air (past head height) and catch with both hands
14. Throw bean bag up in the air (past head height) clap your hands and catch with both hands
15. Throw bean bag up in the air (past head height) and catch with your right hand only – Extension Activity – how many can you do in a row without dropping the bean bag?
16. Throw bean bag up in the air (past head height) and catch with your left hand only – Extension Activity – how many can you do in a row without dropping the bean bag?
17. Use alternate hands to catch the bean bag – How many can you do?

****Now think of some of your own bean bag skill challenges****

If you want to try these at home and you don't have a Bean Bag you can use a Bag of Crisps (easier) or Pair of Socks rolled up (harder)