

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.

Use the STEP model to modify this game

Space

- Make sure that players have sufficient individual space, particularly when movement is introduced.
- Everyone can toss or throw in the same direction initially; then move in different directions.

Task

- In balance activities, some players can start without the bean bag. Encourage players to experiment with different ways of balancing, tossing and catching the bean bag:
 - balance on arm, leg, foot, hand or head;
 - use both hands to throw and catch;
 - throw with single hand and catch with both hands;
 - single hand throw and catch.
- Develop an obstacle course; how far can players get balancing the bean bag on a part of their body?

Equipment

- Players can also try using paper balls (held together with masking tape).
- Some players may have better success if they begin with larger soft cushions.
- Use a racket to catch the bean bag.

People

- Players who have mobility or coordination impairments can substitute other skills in toss and catch games. For example, they can clap or touch their lap before catching the bean bag.
- Players who require it can have a 'feeder' who tosses or drops the bean bag for them to catch.

Safety

- Play sensibly; do not throw the bean bag directly at other players.
- Make sure that players are aware of people and objects around them; their attention may be focused above them.

How to improve

- Once players can toss and catch well with a bean bag, they can try a slow moving ball or sponge ball.

Quality

- Whatever modifications are used, maintain the quality of the activity. Players should perform each skill and game as well as possible.