

Bean Bag Games: Competitive Games (Part 1) **YST TOP SPORTSABILITY**

These games help young people to use their individual skills in competitive challenges against other players.

What you need

- A suitable indoor or outdoor area.
- A bean bag for each player.
- Marker discs or cones to mark out playing area.
- Throw down discs or hoops for targets.

Follow My Lead

- In this game, the target is the other player's bean bag.
Playing in pairs, one player throws their bag out into the area.
- The other tries to hit the target bean bag with theirs. If they are successful, they score a point.
- Players take turns to go first.
- Play to an agreed number of points.

Crown Green

- This game is loosely based on the traditional game of crown green bowls.
- 2 players take turns throwing their bean bag towards a target, for example, a marker disc. The player landing closest has control of the disc.
- The player in control places the target anywhere they like in the playing area. They also have first throw and try to get as near as possible to the target.
- The other player tries to get their bag closer.
- Whoever gets closest places the target next time.
- Agree to play a certain number of ends (games).



Think about

- What different ways are there to throw/propel the bean bag?

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Use the STEP model to modify this game

Space

- Decrease the distance to the target (or make the target bigger) to make the game easier.
- Increase the distance to the target, or make it smaller, as skills improve.

Task

- When players of different abilities play together, rules can be amended to challenge both players; for example, use different sized targets.
- In pairs or small groups, players can devise their own competitive bean bag games.

Equipment

- Try using boccia balls or other alternatives (for example, paper balls) instead of bean bags.
- Use knock-down skittles or cones instead of floor targets/hoops.

People

- Players can agree the rules of their games before they start; for example, how many 'ends' they are going to play, or how far to the target.
- Players who have vision impairment can have a caller to provide verbal guidance from beyond the target.

Safety

- Everyone should be aware of other players when throwing. It may help to have everyone throw in the same direction initially.

How to improve

- It is important that players are stable and balanced, whether they are standing or seated, before making a throw.

Quality

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