

Bean Bag Games: Competitive Games (Part 2) **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.

Close to the wall

- Players try to get their bean bag as close as possible to the wall without touching the wall.
- One player throws/propels their bean bag; the second player then tries to get their bean bag closer.
- The player whose bean bag is closest to the wall (without touching it) scores one point and starts the next end (game).

Bean Bag Horseshoes

- This game is based on the old game of 'horseshoes' – where players throw old horseshoes at a metal spike in the ground.
- 2 targets are placed on the ground an agreed distance apart (depending on ability).
- Players try to land on the target from the opposite end. Once everyone has played, the end is scored (for example, 0 points for a miss, 1 point for landing in the outer circle, 3 for the centre circle).
- Hoops can be used; 3 points inside the hoop; 1 point if the bean bag lands on the rim; 0 for a miss.
- Players then play back towards the other target.



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.