

## Beanbag Relay

Level: Kindergarten and up

Objective: Balancing objects on different parts of the body.

Equipment: One beanbag per team

Procedures:

- 1) Divide class into two or more teams.
- 2) Have each member of the team balance the beanbag from the starting line to a designated turning point (ex. Center line) and return to the starting line.
- 3) Students cannot touch the beanbag with their hands and it cannot fall off. If either of these happen, the student must start over at the beginning.
- 4) Suggestion: have students keep their hands behind their backs)

Assessment: Observation

Variations: Balance beanbag on other body parts such as the shoulder, elbow, etc.

Have students move in different directions such as backwards or zig zag.