

Bean Bag Toss

Suggested Number of Volunteers: 1-2

Materials in Activity Tub:

- Bean bags
- Bean bag targets (4)
- Orange cones

Materials Provided by the Group:

- None

Objectives

Students will:

1. Practice aiming skills
2. Have fun being active in the outdoors

Background:

Tossing a simple bean bag is a fun but effective means of developing motor skills in children. By aiming at a target, children develop hand-eye coordination and the ability to develop over-hand throwing skills.

Procedure:

Before the Activity

Set-up the targets by extending the props on the back of each target. Place the targets next to each other at one end of the “playing field,” place orange cones to mark the spot where participants stand at the other end of the “playing field.”

Pre-determine the number of bean bags you will give each child to try to hit the target.

You may want to consider placing the orange cones at 2 different lengths for kids with different skills and of different ages.

The Activity

1. Give the child their allotment of beanbags and allow them to aim at the target.
2. Adjust to the child’s ability. If the child is skilled at tossing the beanbag encourage them to aim for different objects on the target, for example hit the deer once and then the pheasant.

If the child’s skill is less developed provide positive encouragement and congratulate them for hitting the target or tossing the bag near the target.

Playing Field Example Set-up

