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.

Toss and catch

Players can:

- Start by passing the bean bag from hand to hand;
- Progress to tossing and catching the bean bag; low catches with both hands and then higher and one hand if possible;
- Toss clap and catch (how many claps?);
- Toss the bean bag in the air with one or two hands, turn around and catch it.

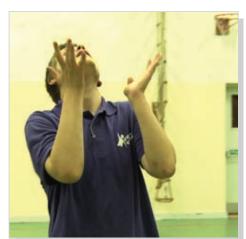
Throw, move and catch

Players:

- Throw the bean bag in any direction and move to where it lands; then pick it up and throw in a different direction;
- Progress to throwing the bean bag in any direction, but move to try and catch it before it drops.







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.

Bean Bag Games: Individual Skills & Games (Part 2)



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.