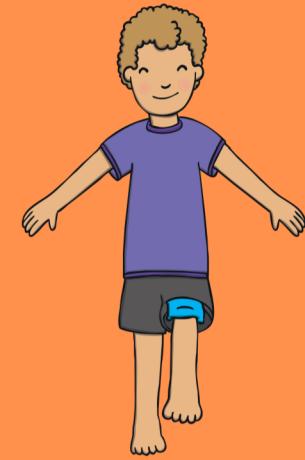




# BEANBAG CHALLENGE

## Activity cards



Beanbag Challenge Activity Cards

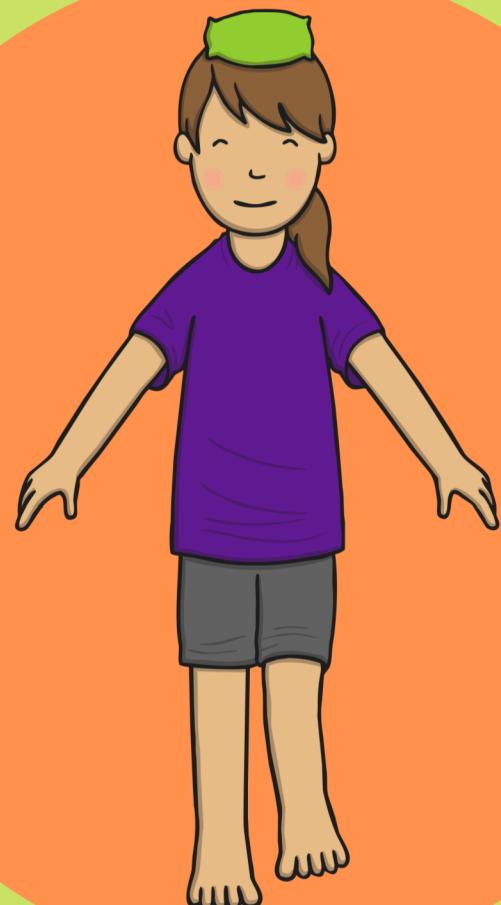
Can you balance your beanbag on  
your arm and walk forward?



Can you balance your beanbag on your foot and lift your foot off the ground?



Can you place your beanbag on your head and take 10 steps forwards?



Can you take 10 steps backwards?

Can you throw your beanbag up  
in the air and catch it?



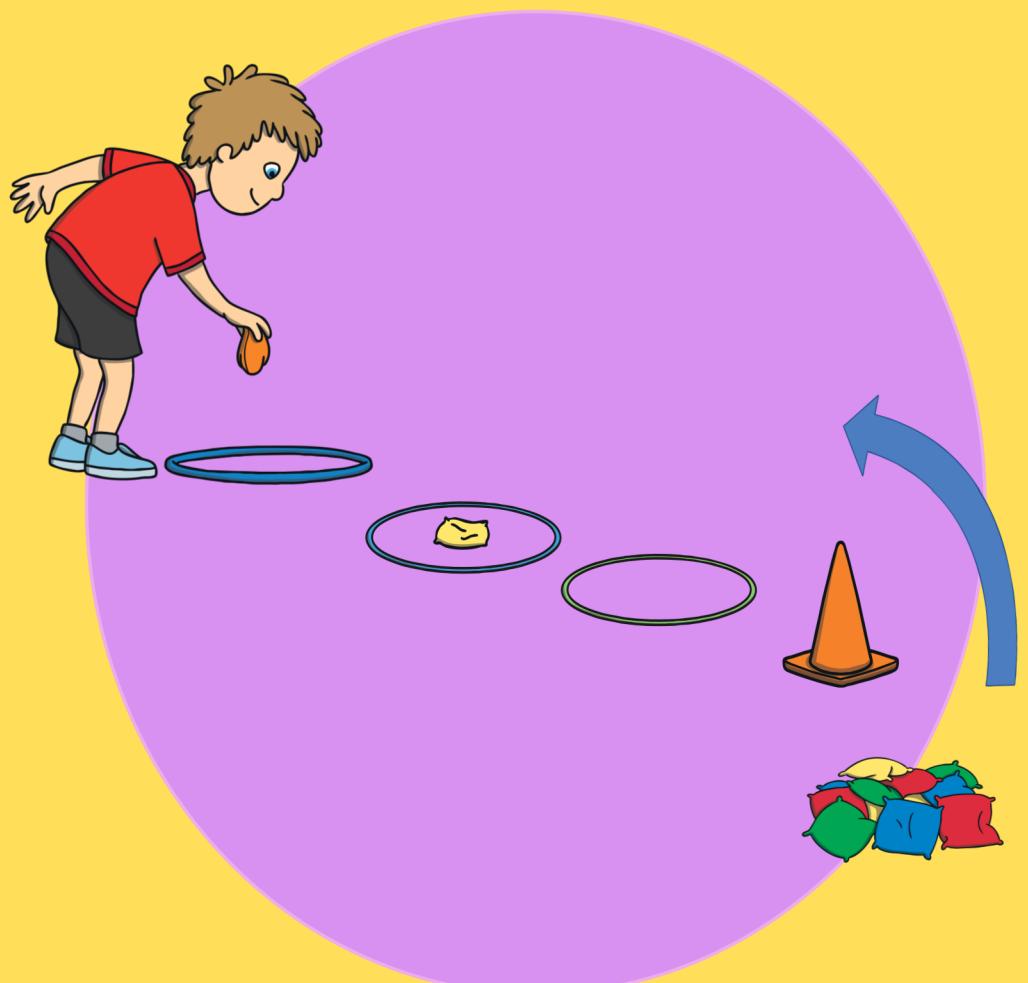
Can you throw your beanbag up in the air  
and clap your hands before catching it?



How many claps can you do before you catch  
the beanbag?

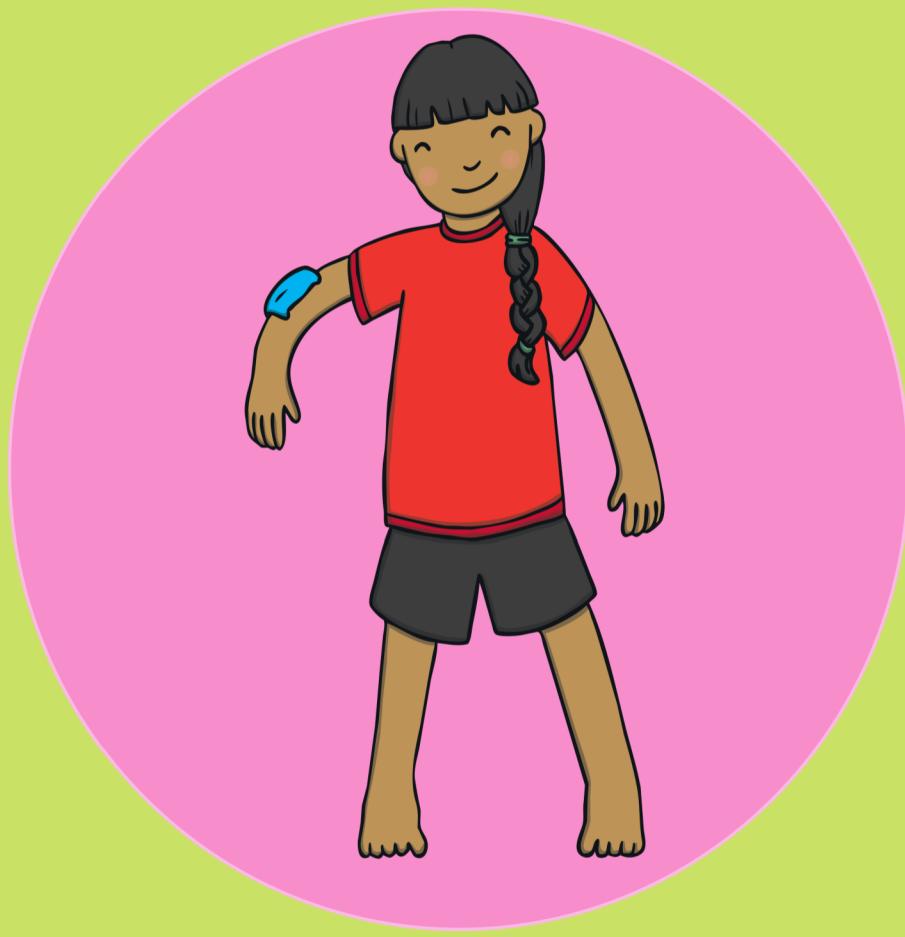
Beanbag Challenge Activity Cards

Can you run and put your beanbags on all the hula hoops before the time runs out?



Beanbag Challenge Activity Cards

Can you balance your beanbag on the back of your elbow and take 5 steps forwards?



How many claps can you do before you catch the beanbag?

Can you balance your beanbag on your shoulder and take 5 steps sideways



Can you balance your beanbag on the other shoulder and do the same thing?

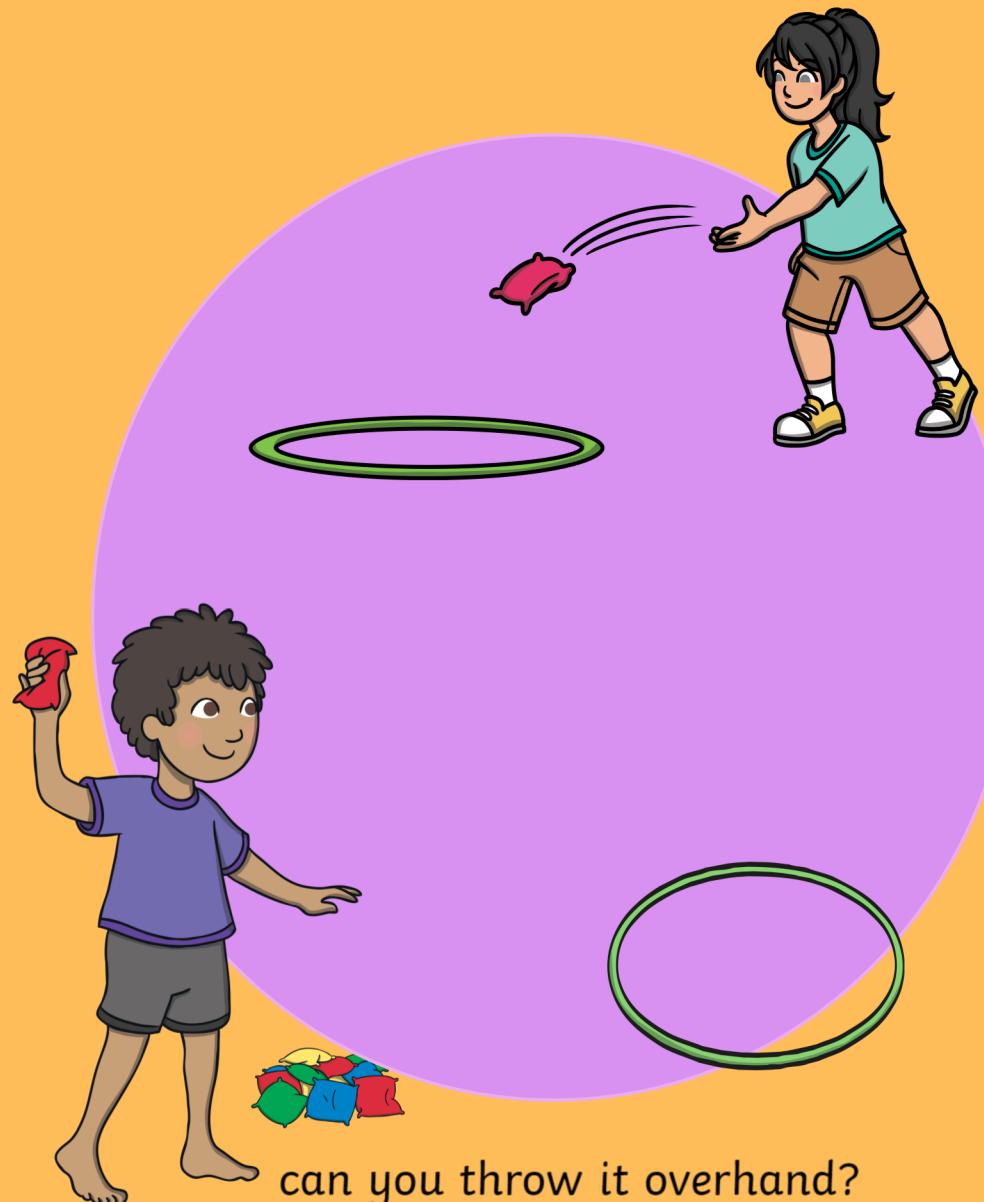
Can you balance your beanbag on the back of your back and take 5 steps forwards?



How many claps can you do before you catch the beanbag?

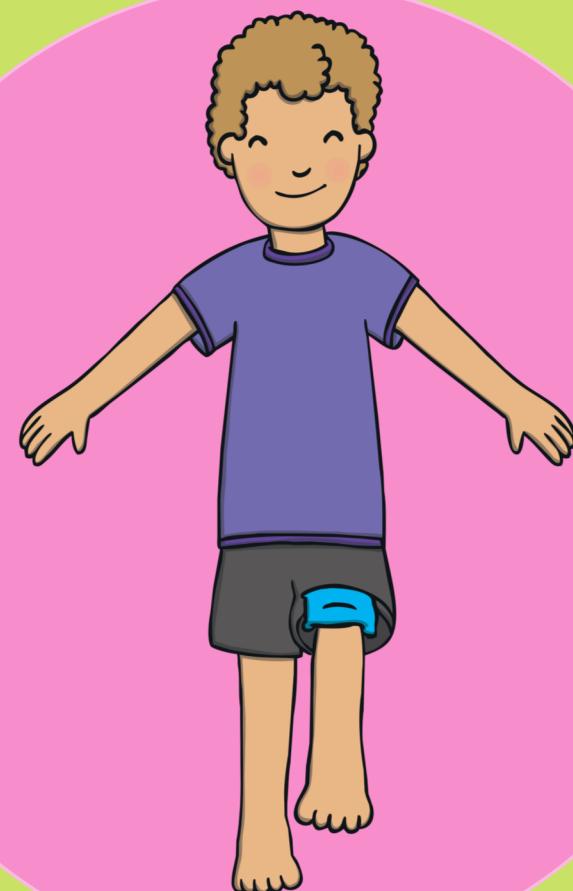
Beanbag Challenge Activity Cards

How many beanbags can you throw into a hula hoop? If it's too easy, take a step back!



Beanbag Challenge Activity Cards

Can you balance your beanbag on the knee and take 5 steps forwards?

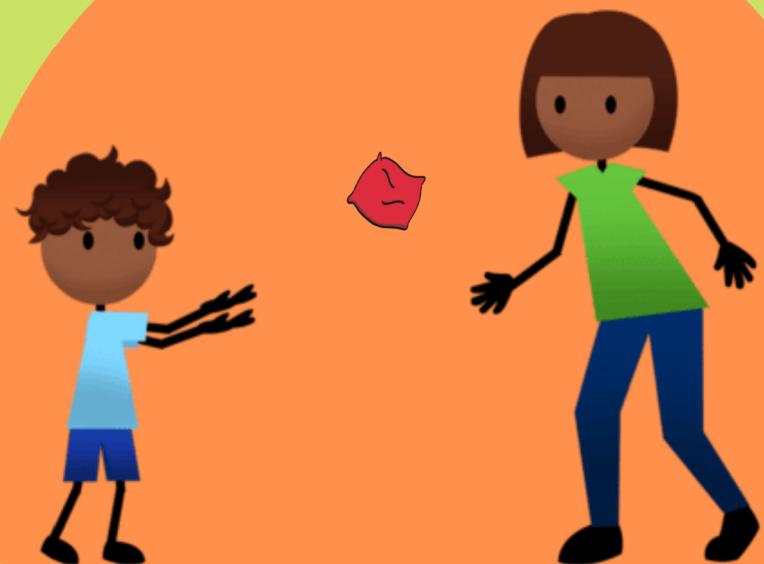


Can you bounce your beanbag on a tennis  
racquet?



How many bounces can you do?

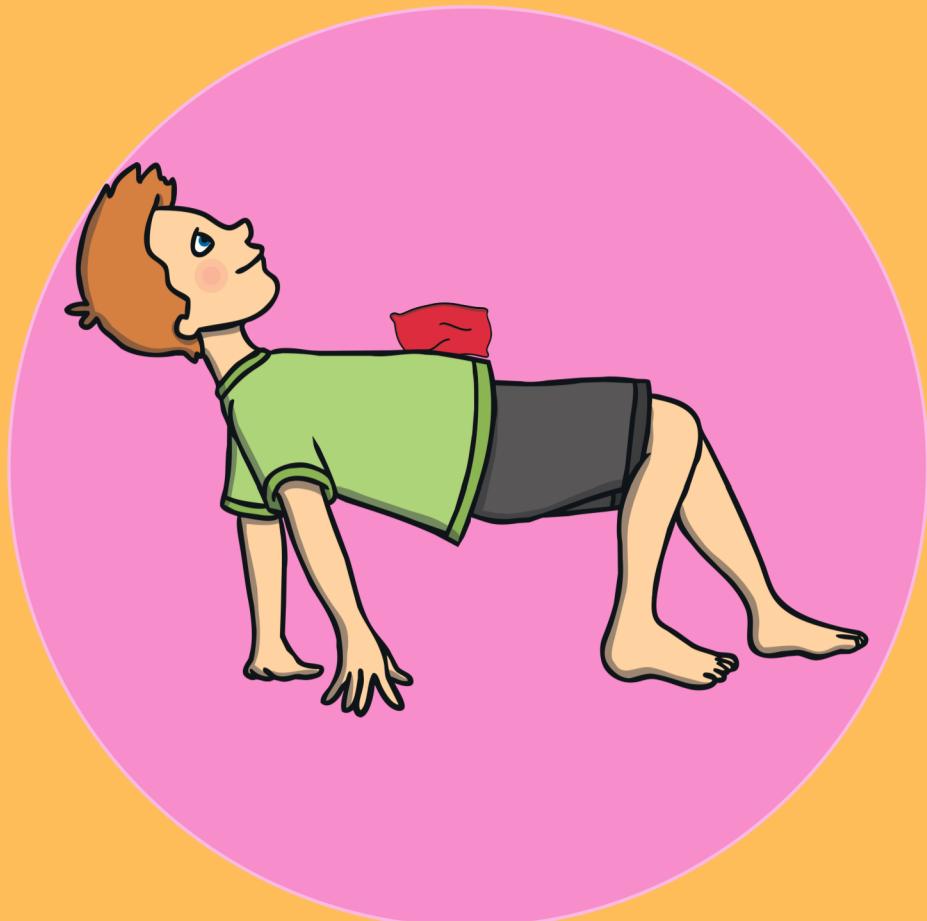
Can you throw your beanbag to a friend  
so they can catch it?



How many catches can you do?

Beanbag Challenge Activity Cards

Can you balance your beanbag on your tummy whilst doing a crab walk?



Beanbag Challenge Activity Cards

Can you balance your beanbag on your neck while doing a bear walk?



Beanbag Challenge Activity Cards

Can you hold your beanbag between your knees and bounce across the playground?



Beanbag Challenge Activity Cards

Can you crawl across the room with a beanbag balanced on your back?



How many catches can you do?

Beanbag Challenge Activity Cards

Can you hold your beanbag between your knees and bounce across the playground?



Beanbag Challenge Activity Cards

Can you have a beanbag race with your friends?



Each balances your beanbag on your heads  
and...ready...set...go!