Ready

- 4 cones (for boundaries)
- 1 beanbag per student
- 1 spot marker per student
- Music and player
- 1 small, soft, light ball per student (optional)

Set

- Create medium (20X20 paces) activity area.
- Have each student select 1 beanbag and 1 spot marker.
- Send them to place their spot and create a home base.

GO!

1. Exploration
   - Today we will practice tossing and catching the beanbag.
   - You have 2 minutes to safely explore with your beanbag at home base.
   - When the music stops, set your beanbag on the floor next to you.

2. Low Tosses
   - Low tosses go no higher than the top of your head. Catch with your palms up, thumbs out, and fingers spread. Watch the beanbag fall into “soft” hands, then close your fingers around it.
   - Challenges – Can you…
     - Low toss side-to-side, hand-to-hand?
     - How many catches can you make?

3. Medium Tosses
   - Raise your hands high. That’s where the beanbag goes on “medium tosses.”
   - Challenges – Can you…
     - Catch the beanbag below your waist? How low can you go?
     - Catch above your waist? Your shoulders? Your head? How many 2-hand catches can you make before the music stops?

4. High Tosses
   - High tosses go about as high as a basketball rim (point and/or demonstrate). You may need to move your feet to make the catch.
   - Begin with low tosses, and if you make 2 catches in a row, toss a little higher. Keep increasing the height until you are practicing high tosses.

(continued)
GO! (continued)

- **Challenges** – Can you...
  - Toss your beanbag, clap, *(touch your ears, touch your knees)* then catch it?
  - How many times can you clap *(touch)* and still catch it? How else can you toss and catch it?

5. **1-Hand Catch**
   - Try catching it with 1 hand. Watch the beanbag fall into your hand.
   - **Challenges** – Can you...
     - Low toss and catch it with the same hand?
     - Low toss with 1 hand and catch with the other? How many times in a row?
     - Catch 1-handed after a medium toss? Try the other hand.
     - Catch with your palm facing out, like giving the beanbag a high-five? If you make 5 catches in a row, you may high toss and catch with 1 hand. Then try the other hand.
     - Hold your beanbag high, drop it, then catch it below your waist? Below your knees? Just before it hits the floor?

6. **Wrap It Up**
   - Show the proper hand position for catching a beanbag with 2 hands below your waist *(thumbs out)*. Now with 2 hands above your head *(thumbs in)*.
   - How would you catch it with 1 hand on your R side *(with the R hand)*? How would you catch it with 1 hand on your L side *(with L hand)*.
**SPARK IT UP!**

**More Challenges**
Can you medium toss your beanbag, touch your ears, then catch it? Your toes? Can you toss it high, turn around and catch it facing the opposite direction? What other tricks can you do before catching the beanbag?

**Small Ball Challenges**
(Need 1 small, soft, light ball – foam or yarn, tennis ball size or smaller – per student.) Let’s try our challenges again, this time with a small ball.

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**STANDARDS ADDRESSED**

- **NASPE**
  
  #1, 2 Tossing, catching, spatial awareness, body awareness
  
  #3, 4 Participates in enjoyable, challenging activities
  
  #5, 6 Participates, appreciates, enjoys movement, cooperates with a partner

  **Your State** (Write in here)

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**PAULA’S POINTERS**

- If students already toss and catch well, reduce time explaining/demonstrating. (Talk less and let them practice more!)
- Allow students to exchange a beanbag for a small, soft, ball if/when ready; then repeat challenges.
- Encourage students to practice self-toss and catch at home.

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**NOTES**

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**HOME**

**Grocery Bag Grab**
Did you think plastic grocery bags are only for carrying groceries? You can play catch with your grocery bag! First, ball it up, and try to catch it with 2 hands, then 1, then the other, oh, you get it! Then try catching it opened up like a parachute. Which way is easier to toss? To catch? When you’re finished playing, ask a parent to fill it with your favorite fruits and veggies the next time you’re shopping!