



#FontanaTogether

Bean Bag Balance Challenge

Equipment:

- Bean bags or different items or toys
- Containers (Vary the size)

Skills Emphasized:

- Balance
- Cardiovascular Endurance

Organization:

- Set out the containers of varying size with a bean bag next to them. The larger the container the more challenging the balance task will be.

Instructions:

1. Start at the smallest container and have your child place the beanbag on their foot.
2. The child then lifts the foot with the beanbag on it and places the bean bag in the container.
3. Once they have mastered the smallest container move on to the next largest container.

Variations/Modifications:

- To increase the challenge, you can do races if more than one child is playing or you can add a timed component to the game. See if the child can beat their old time.
- One can also create an obstacle course to see how far your child can hop with the bean bag or item on their foot without dropping it and making it safely to the container.

