

Movement Challenges & Games

BEAN BAG CROSSOVER

- You will need 2 different coloured beanbags
- Standing facing a partner approximately 3 metres away explore passing one beanbag and catching with one hand (any hand) only.
- Make an agreement to catch the beanbag on the same side it is passed to you. Eg, if it comes in on your right side catch it with right hand, left use your left hand.
- Now pick up the different coloured beanbag, agreeing to catch with the opposite hand. Eg, if it comes in on your right side catch it with your left hand.
- This means your hand crosses over midline to make the catch.
- Next you can explore alternating or randomly throwing bags, one colour representing same side catching, the other colour representing opposite side catching.

Equipment: Beanbags.

Area Required: Indoor or outdoor.

Benefits

- Improves catching incorporating left and right brain function.
- Enhances reaction time and anticipation.
- Develops both sides of the body.

How to explain the activity

- A practical demonstration using a student to give a visual of the various steps.
- It can be set up as one person is the coach, controlling the passes, and the other is the learner, reacting to the passes.

Cues for debrief / reflection

- How did one bean bag and one hand go?
- How did you feel when two bean bags were being used?
- How important is the throwing?
- Did you notice how you were standing, were your shoulders tense?

How to vary the activity

- One colour beanbag represents right hand catching; the other coloured beanbag represents left hand catching. The coach can be unpredictable as to which beanbag is passed next.
- Vary the distance between partners.
- Ask the student to create different ideas.