


P.E. Foundation Stage Unit 4 Using equipment

Session 2 Beanbags



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 **20-30 mins**

Age

3–5 years

Early learning goals

ELG 01, ELG 02, ELG 04, ELG 05, ELG 06, ELG 12, ELG 14, ELG 16, ELG 17

Learning objectives

- To show some control and coordination when using small equipment.

Resources

- hall or open space outside (weather permitting)
- beanbags (enough for one each)
- crates (x 4 or as necessary)
- hoops (x 8 or as necessary)
- **Interactive CD Image Gallery: Page 13,** *Throwing and catching beanbags*
- **CD Moving images:** Catching a beanbag
- **CD Moving images:** Throwing a beanbag

Vocabulary

beanbag, catch, circle, freeze, on the spot, space, throw, underarm

Learning Journey

Step 1

Not applicable

Step 2

Not applicable

Step 3

Use increasing control over an object by touching, pushing, patting, throwing, catching or kicking it

Retrieve, collect and catch objects

Uses beanbag to pat, catch, throw and kick. Retrieves beanbag from hoop and crate

Step 4 (Goal)

Use a range of small and large equipment

Throws beanbags into hoops and crates

Warm-up

- Ask the children to stand in a circle. Ask the children to copy you as you pat your arms, cheeks, chest, tummy and legs. Then shake your arms, legs and bottom. Encourage the children to do this with you. Turn around once at the end. The children will really enjoy this!
- With the children walk to a space. Freeze, turn and walk. Gradually increase the pace, walking more quickly. Remind the children to freeze, turn and walk. Do this with the children and let them copy you.

- Jog or skip on the spot with the children. Jog to a space, freeze, turn and jog to another space. Remind the children to keep in a space so that they do not bump into each other. Tell them to keep their backs straight and bend their knees.
- Tell the children that this is a warm-up. Ask the children to sit down. Ask them the following questions:

Key questions ?

Why is it important to warm up?

Why is it good to play and get out of breath?

Skills

- Sit the children down in a space with legs crossed and backs straight. Give each child a beanbag and ask them to put it on the ground in front of them.
- Show them how you can pass a beanbag from one hand to the other. Let them join in and copy you while still sitting on the ground.
- Ask the children to stand up and pass the beanbag from one hand to the other. Make sure they are standing in a space. Tell them to keep their eyes on the beanbag.
- Hold the beanbag in one hand and take it for a little walk. Tell the children to keep an eye on the beanbag, but also look where they are going, so that they do not bump into anyone.
- Ask the children to sit down. Ask them to throw the beanbag up in the air. (See **Interactive CD Image Gallery: Page 13, Throwing and catching beanbags.**) Demonstrate an underarm throw. How high can they throw the beanbag?

Extension skills

- Encourage the children to throw the beanbag up in the air and try to catch it. Show them how to clap it with both hands and bring it to the chest. Tell them not to throw the beanbag too high and to keep their eye on it as they throw and catch.
- Ask the children to sit down as you show them how to push the beanbag gently along the ground, using one foot and then the other. Show them how you use the inside of the foot. Ask them to stand up and let them join in with you as you push the beanbag around the space. Look ahead for a space to push it into.
- Ask the children to sit in a space with beanbags on the ground. Show the children how to kick a beanbag. Step forward on the leg that you are not using to kick the beanbag. Make sure that your weight is on this leg and that it is slightly bent. Swing your other leg back and, keeping it straight, bring it forward to kick the beanbag. Remember to kick with the inside of the foot.

- Ask the children to stand up and practise this kicking action without the beanbag. When they seem quite confident, ask them to kick the beanbag to a space. Repeat this skill several times. Show them how to use the inside of the foot to kick. Encourage them to use both their left and right foot in turn.

Activities

- Sit the children in the middle of the space while you set up the activities that follow.
- Divide the children into groups. If the groups are small (3–5 children) and you have enough hoops and crates, give the children a hoop or crate each. Choose children to help you demonstrate each activity. Visit each group giving advice, encouragement and praise. The children should have a go at all of the activities, so rotate the groups at intervals.
- **Activity 1** – Show the children how to throw beanbags into a hoop. Tell them to stand a short distance from the hoop (e.g. four strides) and try to throw a beanbag into it. They should take turns to throw. Use an underarm throw. Extend the activity by asking the children to walk five strides back from the hoop.
- **Activity 2** – Show the children how to throw a beanbag into a crate. Tell them to stand a short distance from the crate (e.g. four strides) and try to throw a beanbag into it.

Extension activity

- **Activity 3** – Set up four to six cones or use a wall for this striking game. Ask the children to stand four strides away and kick the beanbag at a cone or at the wall. You could chalk some low targets on the wall for children to aim at. This activity needs continual adult supervision, so that the children can be reminded of how to kick the beanbag.

Cool-down

- When all groups have finished ask each child to lie down on the floor on their back. Go round and collect the beanbags.
- Ask the children to stretch their arms and legs slowly, keeping them on the floor. Ask the children to breathe in and out slowly while you count to ten. You could encourage the children to shut their eyes and relax.
- Go to each child and say their name quietly. When they hear their name, they must get up slowly and line up quietly.
- Ask an adult to collect up the equipment.

Assessment opportunities

- *Do the children show increasing skill in throwing and catching?*
- *Can they aim at the target?*
- *Do they show increasing coordination when kicking the beanbag?*