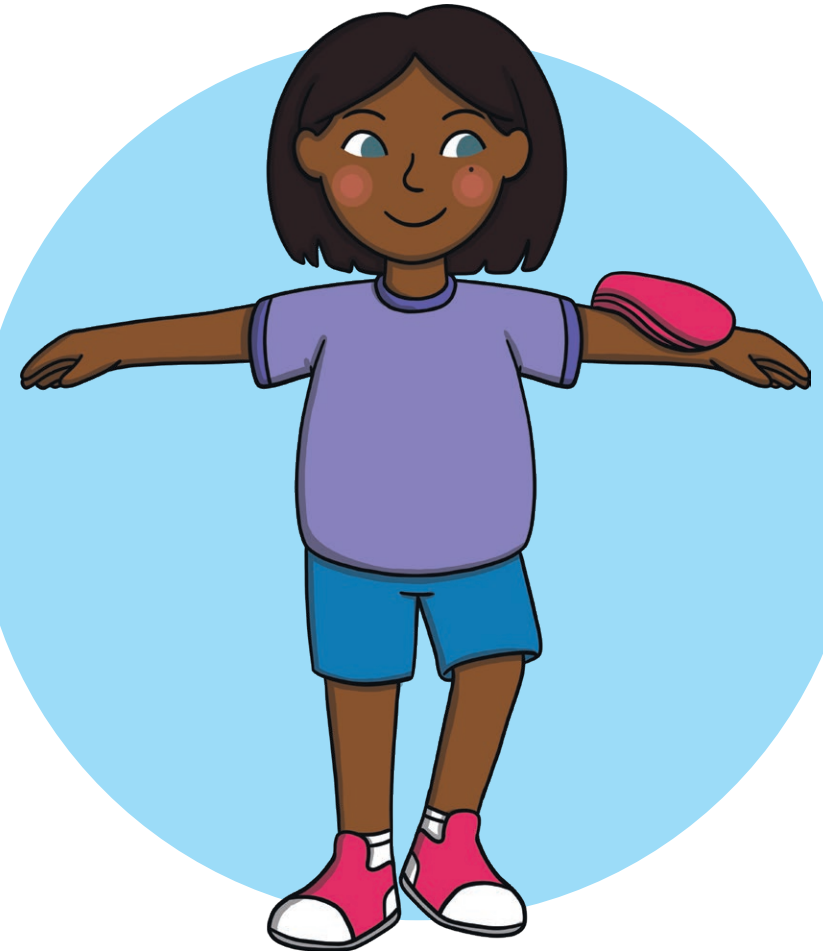


The illustration on the left page shows a girl with red hair in a ponytail, wearing a green shirt and blue shorts, kicking a red beanbag over three yellow cones. A hand is shown holding a blue tennis racket, ready to hit the beanbag. Below this, a girl with dark skin and short black hair, wearing a purple shirt and blue shorts, is balancing a red beanbag on her arm. Next to her is a boy with dark skin, glasses, and a green shirt, who is clapping. The background is light blue with white circles. The text 'Beanbag Challenge Activity Cards' is written in a large, blue, outlined font in the center. The 'twinkl' logo is in the bottom left corner.

Beanbag Challenge Activity Cards

Beanbag Challenge Activity Cards

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

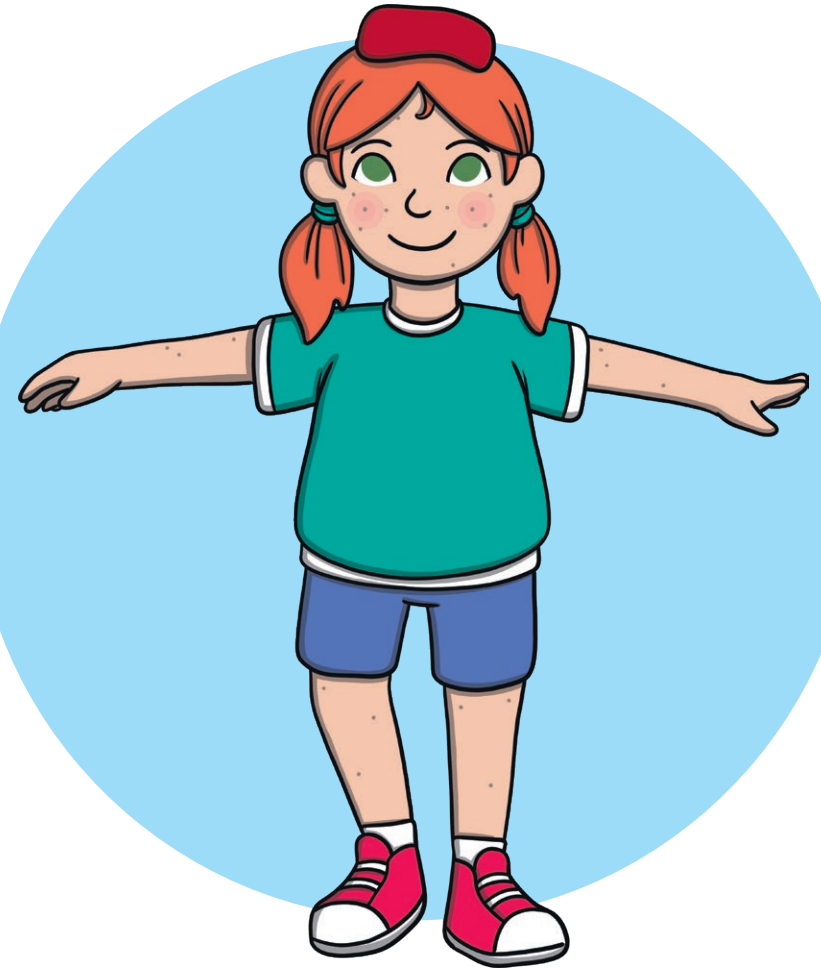


How many steps can you take?

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

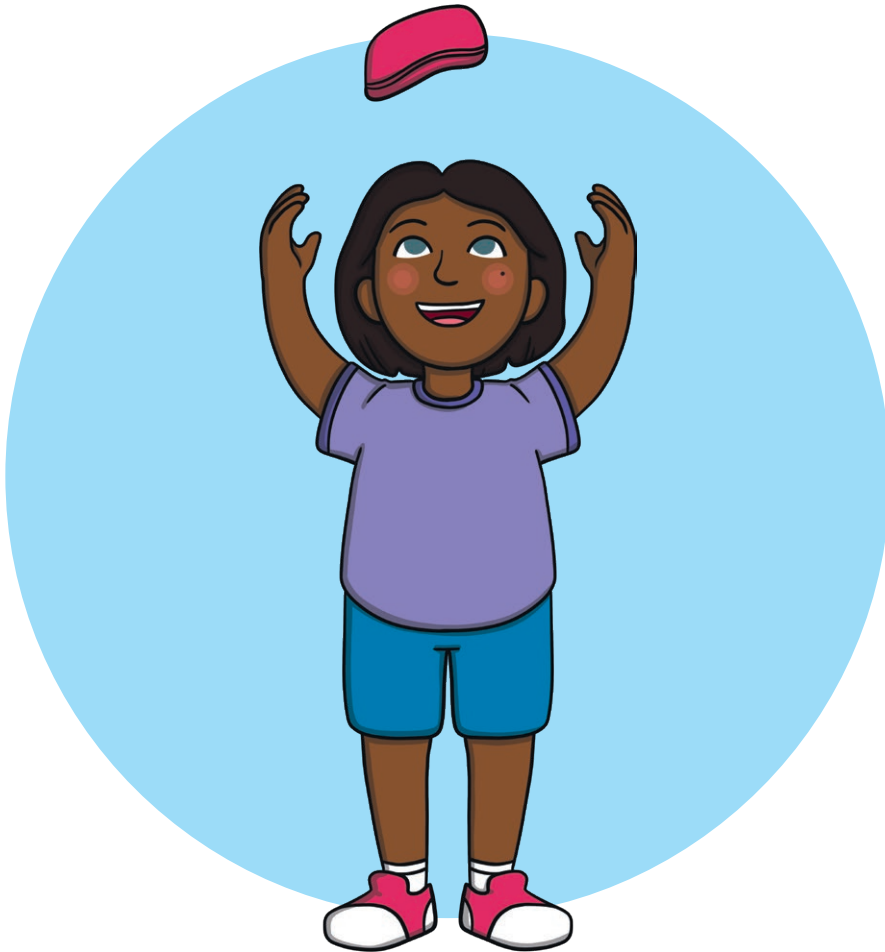


Can you place your beanbag on your head and take 10 steps forwards?



Can you take 5 steps backwards?

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



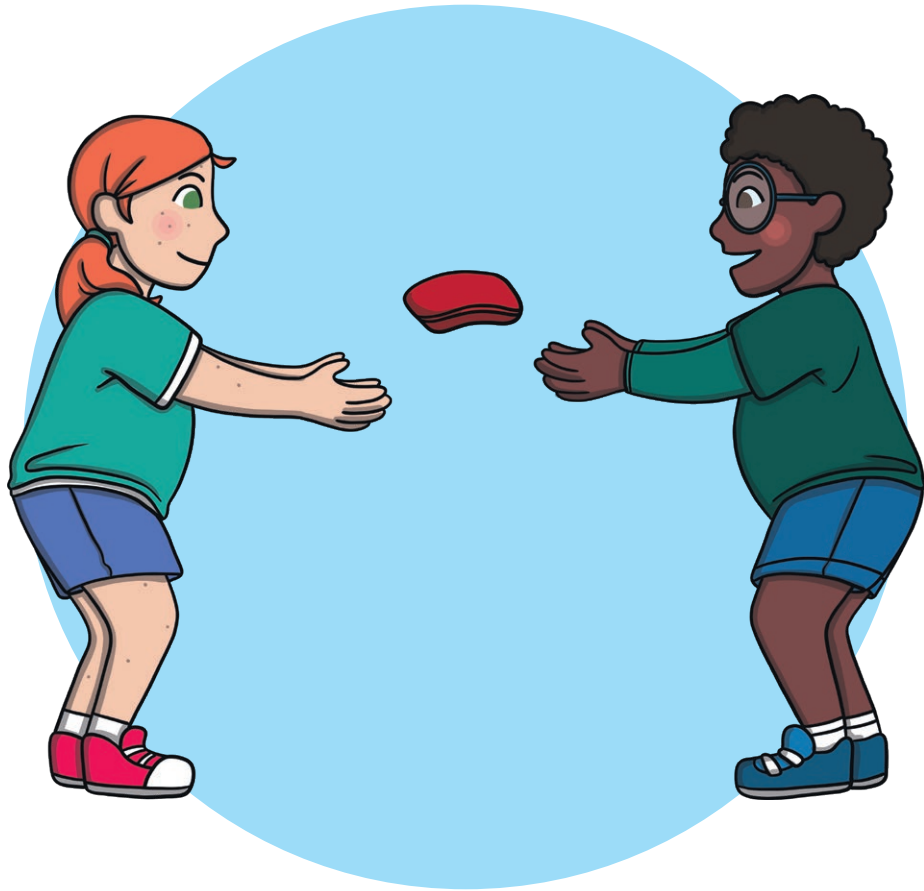
How high can you throw the beanbag and still catch it?

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



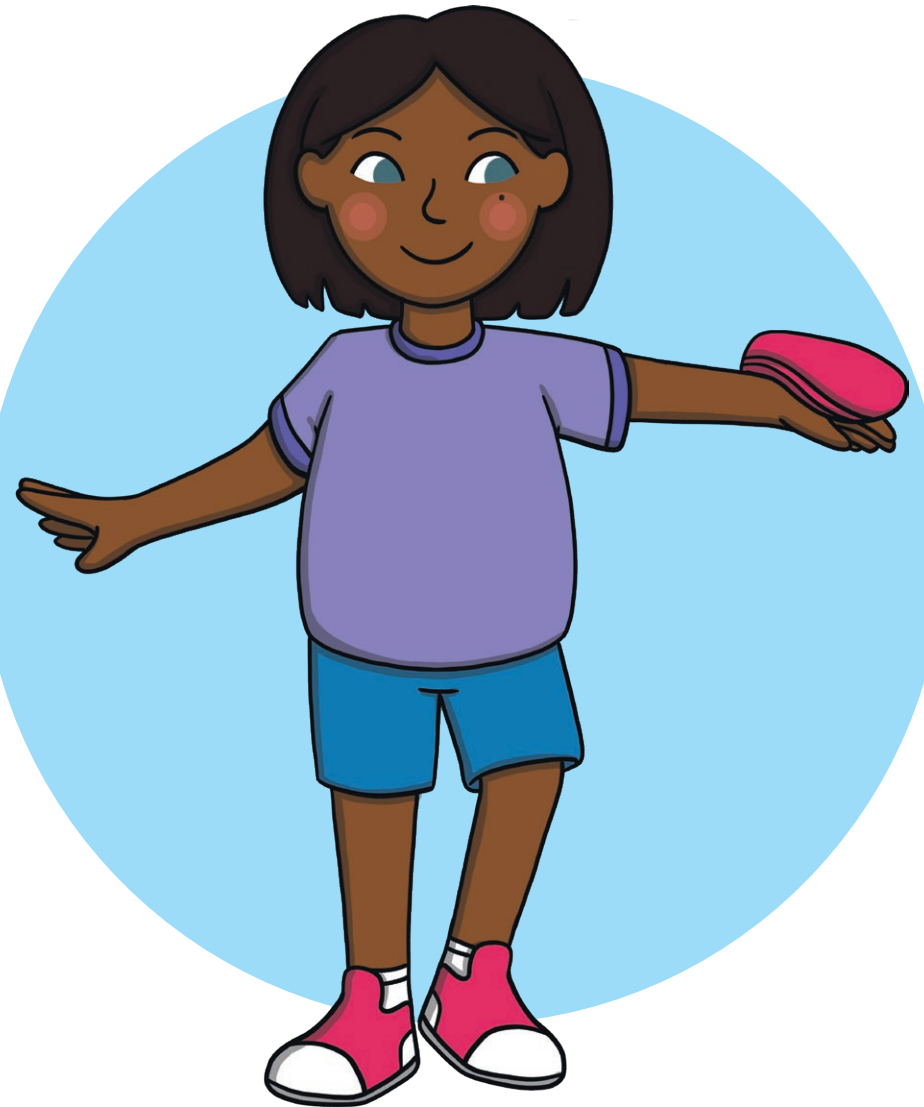
How many claps can you do before you catch the beanbag?

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

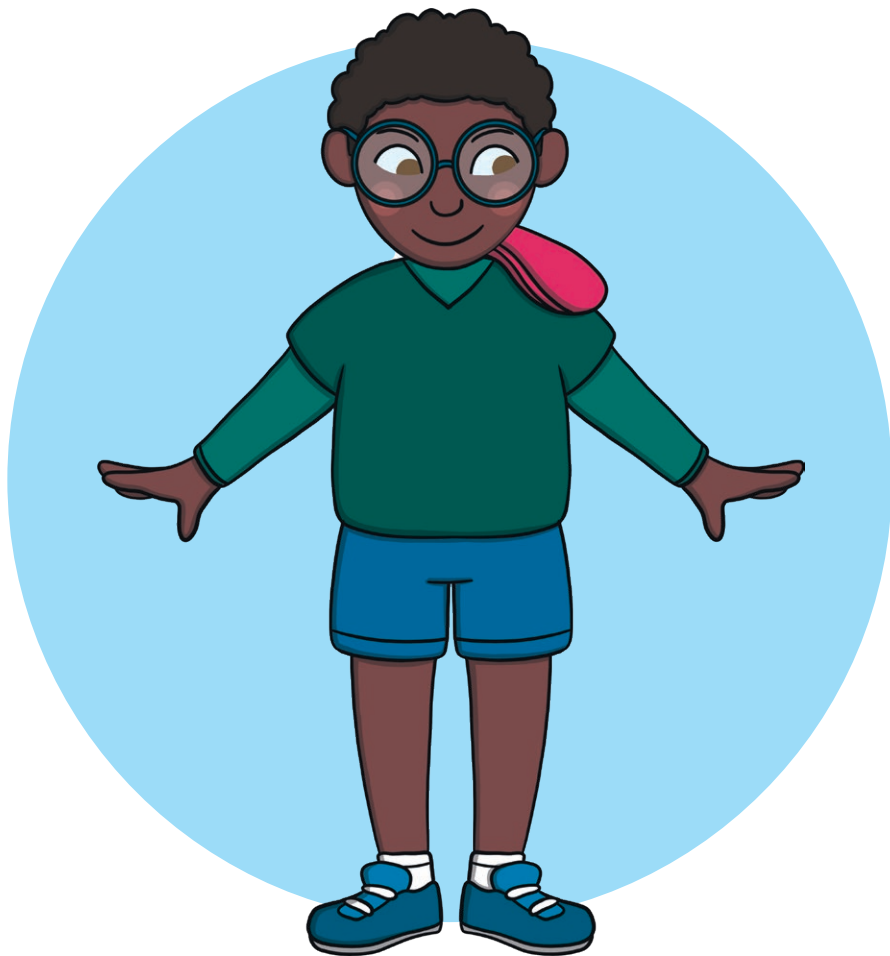


How many catches can you do?

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



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



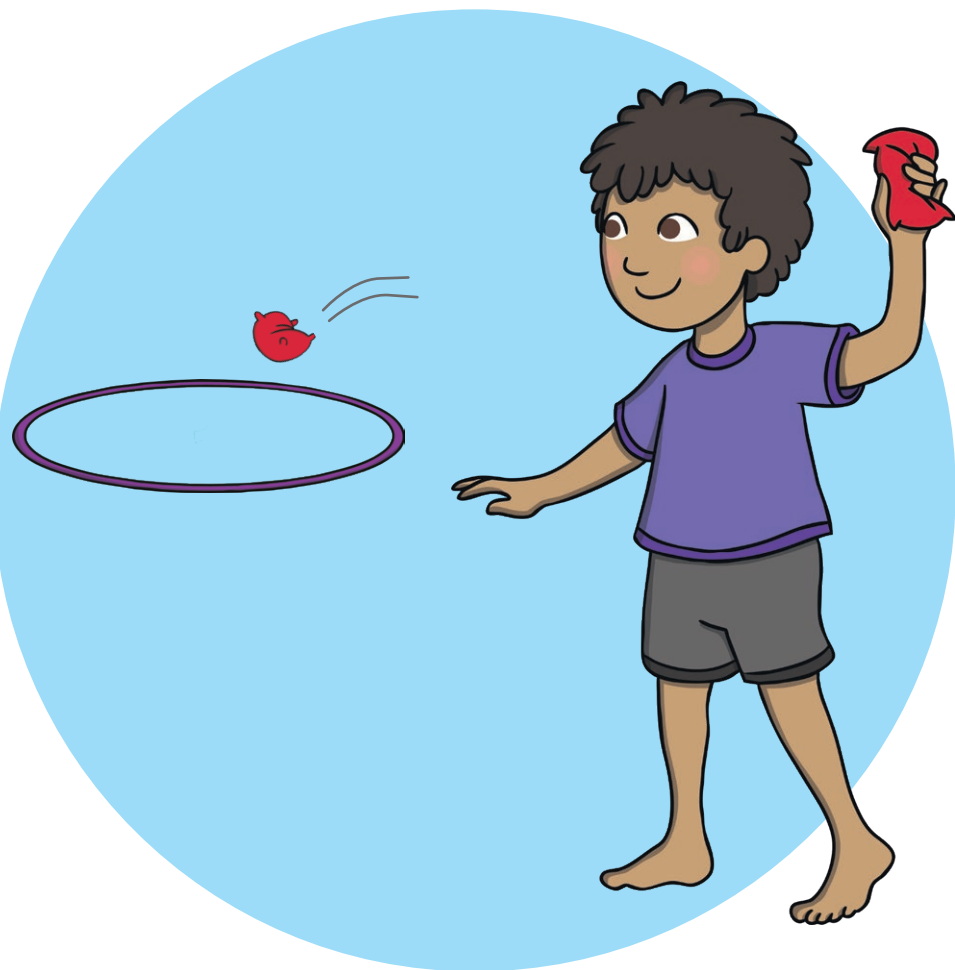
Can you balance your beanbag on the other shoulder and do the same thing?

Can you have a beanbag race with your friends?



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

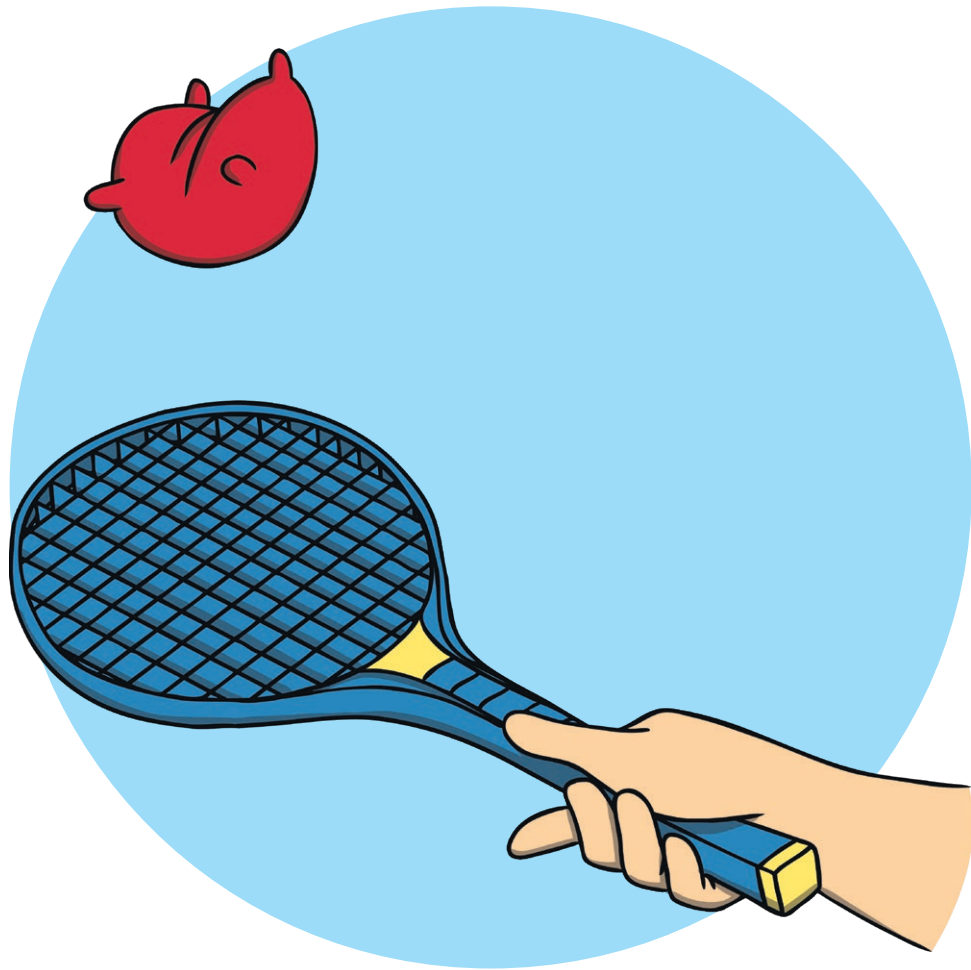
How many beanbags can you throw into a hula hoop? If it's too easy, take a step back!



Can you try bowling with your beanbag? Set up some skittles made from plastic bottles or cups.



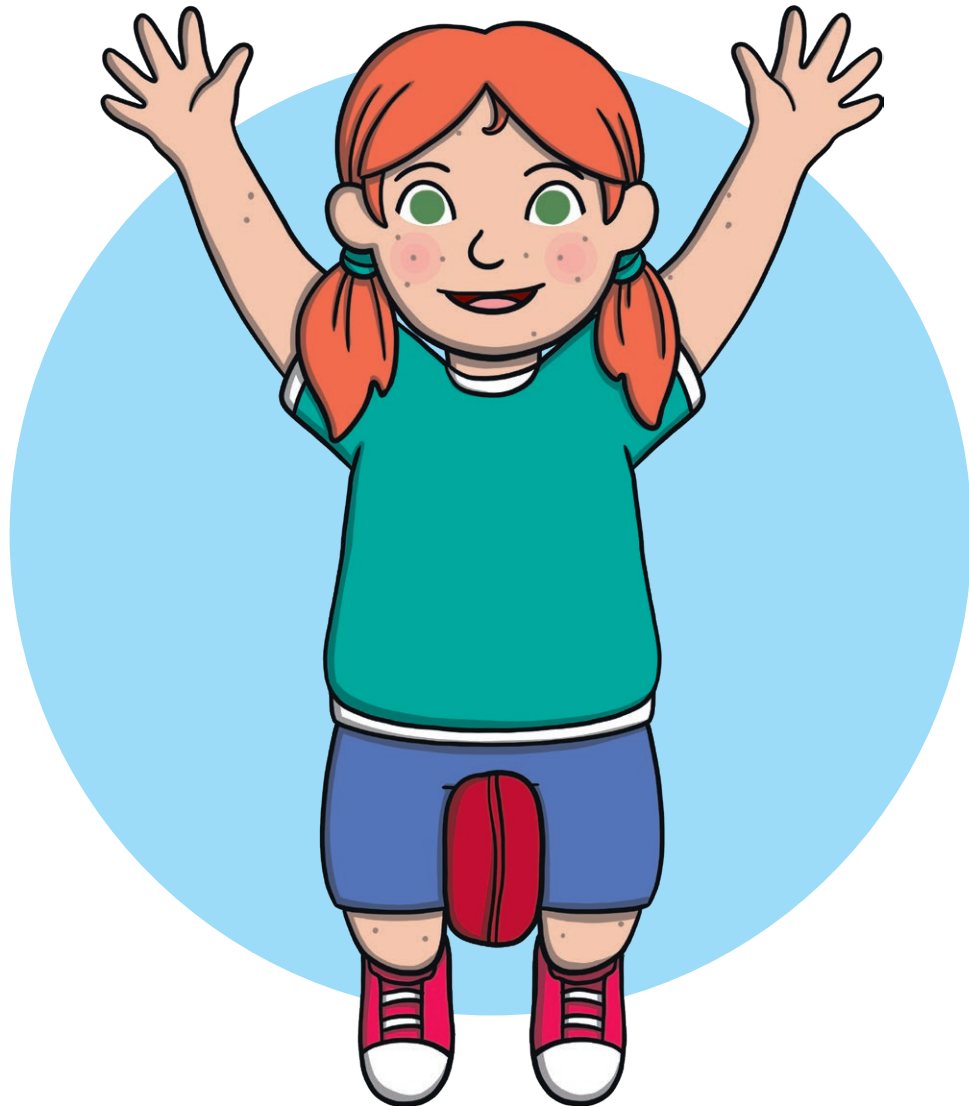
Can you bounce your beanbag on a tennis racquet? How many bounces can you do?



Can you hold your beanbag under your chin and take 10 steps forwards?



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



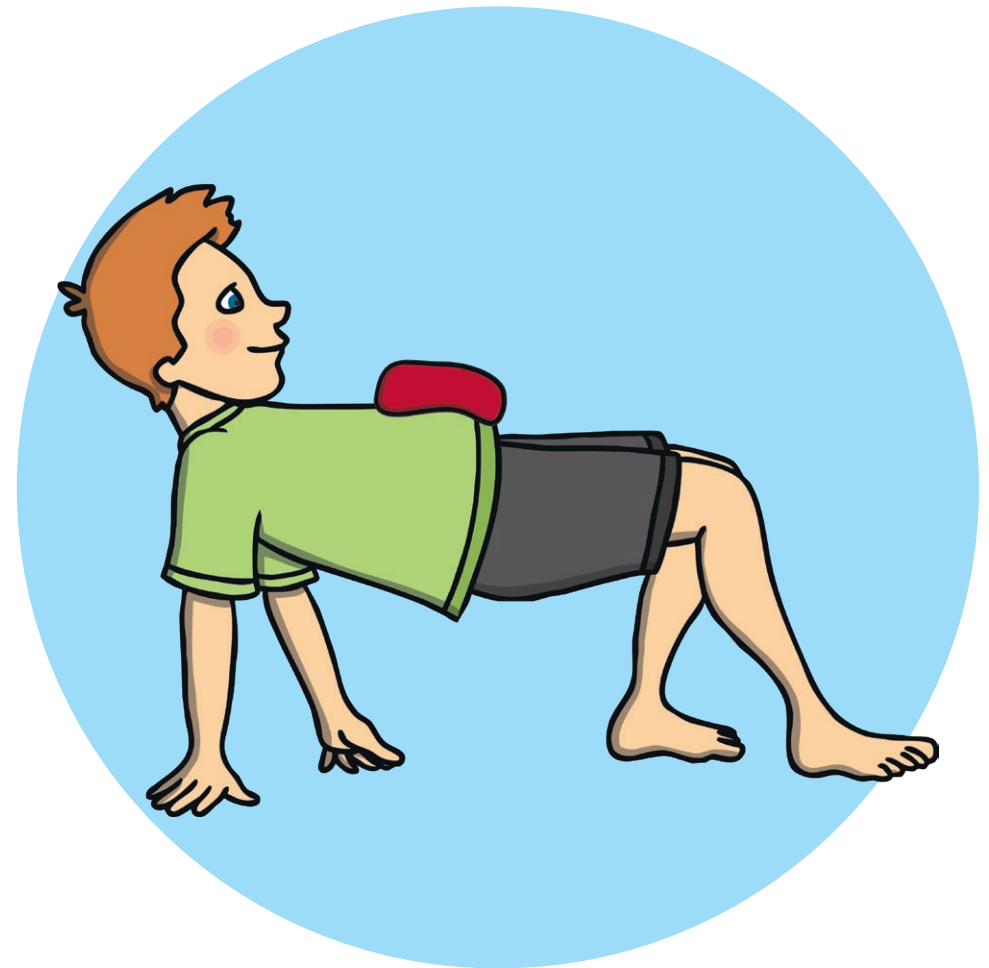
Can you crawl across the room with a beanbag balanced on your back?



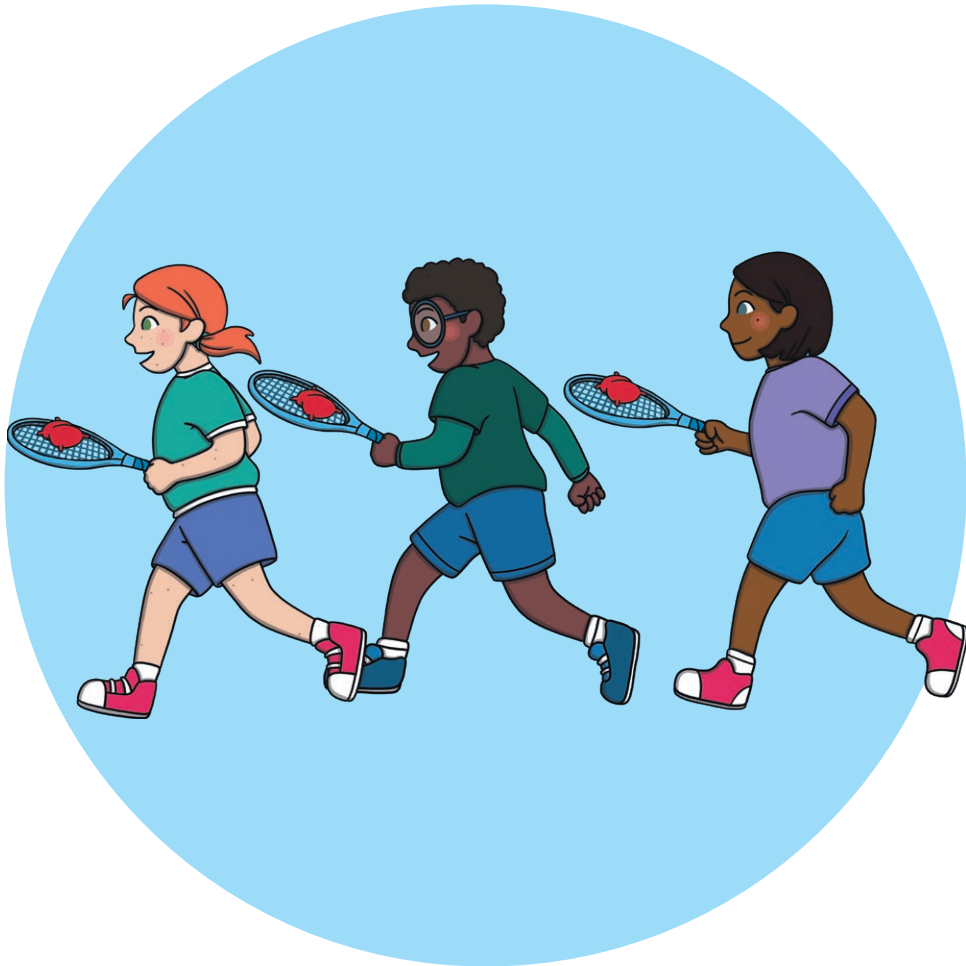
Can you dribble your beanbag by kicking it in and out of some cones?



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



Can you balance your beanbag on a wooden spoon or racket and have a race against your friends?



Can you pinch your beanbag? Can you squeeze it with one hand and then the other? Can you squash it as flat as you can?

