

Description of Activity

Arrange pupils in pairs with one beanbag per pair. Pupil A dribbles their beanbag around the playing area while pupil B follows as close as possible behind them, also dribbling their own beanbag. Pupil B must look up to follow the leader while also controlling their beanbag. After a designated amount of time, pupils turn to face each other, kick their beanbags to each other, alternate the roles and continue the activity.



Variations

- Allow each pupil time to practise dribbling the beanbag before arranging them in partner groups.
- Begin with only one beanbag per pair to allow pupil B to get comfortable following pupil A.
- Arrange the pupils in groups of three or four, with the extra pupils all following pupil A. After the designated time, pupil A passes the beanbag to one of the other pupils who takes on the leader's role.

Equipment

An open playing area, beanbags



- Pupils should be encouraged to move around the entire space and to maintain control of their beanbag, i.e. avoid kicking and chasing it.
- Encourage pupils to use alternate feet to kick the beanbag to their partner.
- Ensure pupils exercise caution when moving around the space, by looking forwards in the direction they are travelling.



- Practise dribbling a beanbag or a pair of rolled up socks around the house. Try to keep control of the object without hitting it off anything in your path.



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