

Description of Activity

Invite each pupil to find a space in the playing area and give them a beanbag each. Each pupil balances the beanbag on their foot and attempts to flick it up into the air. Pupils attempt to catch the beanbag with their hand and replace it on their foot. Encourage the pupils to alternate the foot used to flick the beanbag and invite them to flick it up as high as possible.



Variations

- Arrange the pupils in groups or pairs and give each group a hoop. Pupils practise flicking the beanbag into the hoop. The hoop could be placed flat on the ground, or held at various heights or distances, angled towards the pupil with the beanbag.
- Arrange the pupils in pairs. Pupil A flicks the beanbag for pupil B to catch, and visa versa.
- Invite pupils to try to catch the beanbag on the front of the same or opposite foot, before flicking it up again.

Equipment

an open playing area, beanbags



- Encourage the pupils to keep their eyes on the beanbag when controlling it on their foot and flicking it up into the air.
- Highlight the importance of swinging the kicking leg through to aim forwards.
- Encourage pupils to extend the opposite arm to the kicking leg to help with balance.
- Ensure pupils have adequate space to practise flicking the beanbag safely. Ensure pupils are not flicking towards or across the path of other pupils.



- Using your foot flick a pair of rolled up socks or gloves into a basket at home.



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