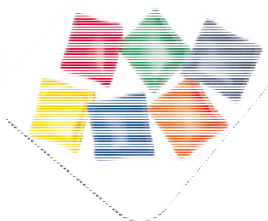




BEAN BAG ACTIVITIES AND GAMES





Fit Kids Healthy Kids is a program developed by Sport Manitoba and supported by Doctors Manitoba based on physical literacy and the development of fundamental movement skills in Children 3-12 years. The program is designed to teach children how to move with competence and confidence so that they may enjoy physical activity with a goal of keeping them active for life.

Fit Kids Healthy Kids aids in community development, workshop delivery, training and capacity building for parents, caregivers, and recreation workers in the area of physical literacy across Manitoba.

For more information about this program please contact:

Michelle Johnson at
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or call 204-925-5676

Physical Literacy:

**Just like reading and writing
children need to learn to move.**

- ☺ Running, jumping, throwing, catching, hopping, striking, and balance are some of the important skills children should work on from a very early age.
- ☺ When you work on movement skills with your child you help them to feel good about being active.
- ☺ Children who are active are healthier, do better in school, get along better with friends and feel better about themselves.



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Switch the bag:

- ☺ Scatter all your bean bags on the floor or ground.
- ☺ Call out one of the colors of the bean bag
- ☺ Have your child run and switch the bean bag that is in their hand for the one that is on the ground.
- ☺ Call out the next color. Keep them running.
- ☺ Put numbers or letters on the bean bags with a marker or tape and call out numbers or letters for them to run to and find.
- ☺ Call out different ways for them to get to the bags. Hop to blue, skip to red, gallop to yellow.



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From bean to bean:

- ☺ Have your child stand with legs spread apart.
- ☺ Place a bean bag by each of his or her feet.
- ☺ Now have them stand on one foot next to the bag that is by that foot
- ☺ Have them hop sideways from foot to foot between the bags.
- ☺ Move the bags further apart to make it more difficult.
- ☺ Have them stop for a few seconds on 1 foot after each jump.
- ☺ Get them to jump to the rhythm of you clapping or music to get them to speed up and slow down as you play.



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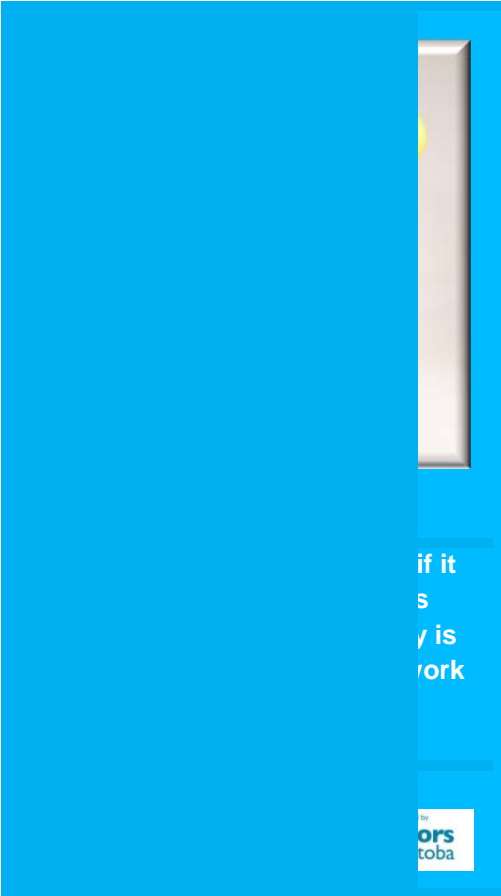
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