



GET ACTIVE



10 MINUTES



IN THE CUPBOARD

BEAN BAG BALANCE



▶▶ GETTING INTO THE ACTIVITY

Give one of the games from the 'Juniors International Team Games' a try and consider entering the whole competition, competing with groups from around the world.

Mark a start line and place four cones each 1 metre apart in a straight line. The first cone should be 1 metre from the start line. Children should be split into teams of 6.

Participants start behind the line, place a bean bag on their head and weave through the cones, around the fourth cone and back weaving once again. The participant must cross the line to complete the circuit, when they have crossed the line the next participant may go. Participants must not touch the bean bag. If a participant drops the bean bag on the outward journey they must return to the start line. If a participant drops the bean bag on the return journey they must recommence at the fourth marker. The game is finished when all participants have been. The quickest team to complete the relay is the winner.

Juniors International Team Games: Get involved with the whole competition, competing against groups from around the world. To download the full pack, including a 'play at home' version for virtual sessions, visit <https://boys-brigade.org.uk/juniors-international-team-games>

☑☑ WHAT YOU'LL NEED

- Masking Tape / Chalk
- Bean Bags
- 4 Cones
- Timer

! KEEPING EVERYONE SAFE

Maintain social distancing as required. Use cones to mark where participants should wait to have their turn. Where shared equipment is used, please ensure a hand hygiene break before and after.