

# Bean Bag Balance



**Monkey Madness**



**5-7 minutes**



**Bean bags required**



## Instructions

This activity requires the pupils to be in pairs, where one pupil stands in a pose for example with arms out or on one leg. Their partner, has to try and balance a bean bag in different places like their partner's arms, legs or head. Try repeating 5 times then swap round.

## Health & Safety

- Ensure floors are clear of trip hazards
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions

## Teacher Tips

Foundation: Balance bean bag on their head and try moving your arms

Key Stage 1: Balance bean bag on their head, arms and even one leg

Key Stage 2: Balance bean bags on their head, arms and even knees. Challenge your balance