

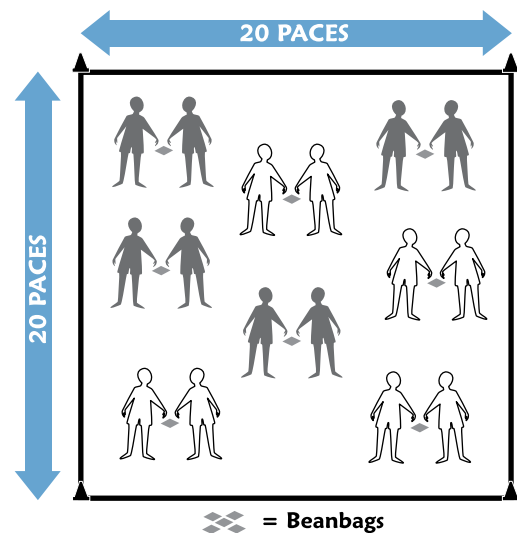


Ready

- 1 beanbag (or other tossable) per 2 students
- 4 cones (for boundaries)
- Music and player
- Assorted manipulatives (optional)
- 1 playground ball per 2 students (optional)

Set

- Create medium (20X20 paces) activity area.
- Scatter partners in area, 1 beanbag per pair.



GO!

1. Today, you and a partner will work together to warm-up, stretch, and pass a beanbag back and forth.
2. **Twist and Turn**
 - Stand back-to-back with your partner. Bend your knees, and keep your hips forward.
 - Can you pass your beanbag by twisting and turning from side to side? Start slowly, and talk with each other to work on your timing.
 - Try not to drop the beanbag.
 - When you've made at least 3 passes without a drop, go a little faster.
 - When you hear, "Switch," change direction.
 - **Challenges** – Before the signal, how many times can you get the beanbag back to the partner holding it now? (*Allow several times to improve their score. Change directions each round. Switch partners every few rounds.*)
3. **Bend and Stretch**
 - Now, move 1 small step away from your partner.
 - Can you pass the beanbag between your legs when you bend, then overhead as you stretch?
 - Start slowly; be careful not to bump.
 - **Challenges** – Before the signal, how many times can you get the beanbag back to the partner holding it now? (*Allow several times to improve their score. Switch partners every few rounds. Change directions each round.*)
4. **Wrap It Up**
 - What is flexibility?
 - How does twisting, turning, bending, and stretching help us become more flexible?

★ Mixed Bag

(Allow pairs to practice with different shape, size, and texture manipulatives – e.g., foam balls, flying discs, tennis balls, etc. – in place of beanbags.)

★ Toss and Roll

Now, instead of handing the beanbag to your partner on the stretch, try tossing it in the air safely and slowly so your partner can catch it. If you can do that 3 times in a row, roll the ball to your partner between your legs when you bend.

★ Bounce and Catch

Who's ready to try *Twist and Turn* with a bouncy ball (playground ball, small basketball, etc.)? Instead of handing your beanbag to your partner, twist to 1 side and bounce it once so it's easy to catch. Your partner will turn to the other side and bounce it back. How many times can you and your partner bounce and catch the ball in 1 minute?



ACADEMIC

Math

Count by 2s (then 5s, etc.) with each pass of the beanbag. How high can you and your partner count before the stop signal?

STANDARDS ADDRESSED

● NASPE

#1, 2 Spatial awareness, nonlocomotor skills

#3, 4 Muscular endurance, flexibility

- #5, 6 Participates, appreciates, enjoys movement, cooperates with a partner

Your State (Write in here)

PAULA'S POINTERS

- Use music for signals.
- Switch partners every few rounds. Challenge students to beat their old record with their new partner.
- Cue students to keep their feet facing forward.

NOTES

