



Participants race against each other by hopping on one leg with a beanbag secured in the crook of their other knee. Should a competitor overbalance or drop the beanbag they must return to the start.



Τίρ

Looking straight ahead and avoiding the tendency to look down helps children to concentrate on maintaining balance.

Development

Try the same activity with two or even more beanbags.

50 Brilliant PE Challenges Using Just a Beanbag