

BEAN BAG OLYMPICS

Intra-School Competition

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Introduction

These competition based activities are to be aimed at all pupils from Nursery up to and including Year 4. The activities are to be used during lunchtimes as part of the 'Active Lunchtime Programme' and will provide pupils with a continuous Olympic theme on playground through 2012.

All activities are team based and each requires teams of 4 players to be made up from pupils of mixed gender. **There are different distances involved for Nursery/Reception, Year 1/2 and Year 3/4, so if combining years please bear this in mind.**

Equipment required for all 3 activities can be found in school and what's specifically needed is explained in the descriptions.

For Whom

Nursery, Reception, Years 1-4. The degree of difficulty varies according to each age group.

Learning Outcomes

- Inclusive
- Team Building And Cooperation - Encourage Each Other
- Communication - Positive Use Of Language
- Energetic
- Improving Fundamental Skill Base.
- Challenging And Competitive
- Fun and Enjoyable
- Inspiring The Young People With The Olympic Message

Equipment

- **Equipment** - usually available in schools, ie beanbags (x 30), hoops (x 10).
- **Chalk** - chalk lines to be drawn the playground so children can play the 5 Rings activity safely.
- **Stopwatches** will be needed to enable schools to take times to establish the top teams in each category.
- **Instructions** - Mini Leaders/Play Leaders to provide where necessary.

Challenge 1 - London 2012

a. Object of the Game:

To throw and catch 26 beanbags (to represent the number of complete sports in the Olympic Games) around the 4 London landmarks shown below.

b. Instructions:

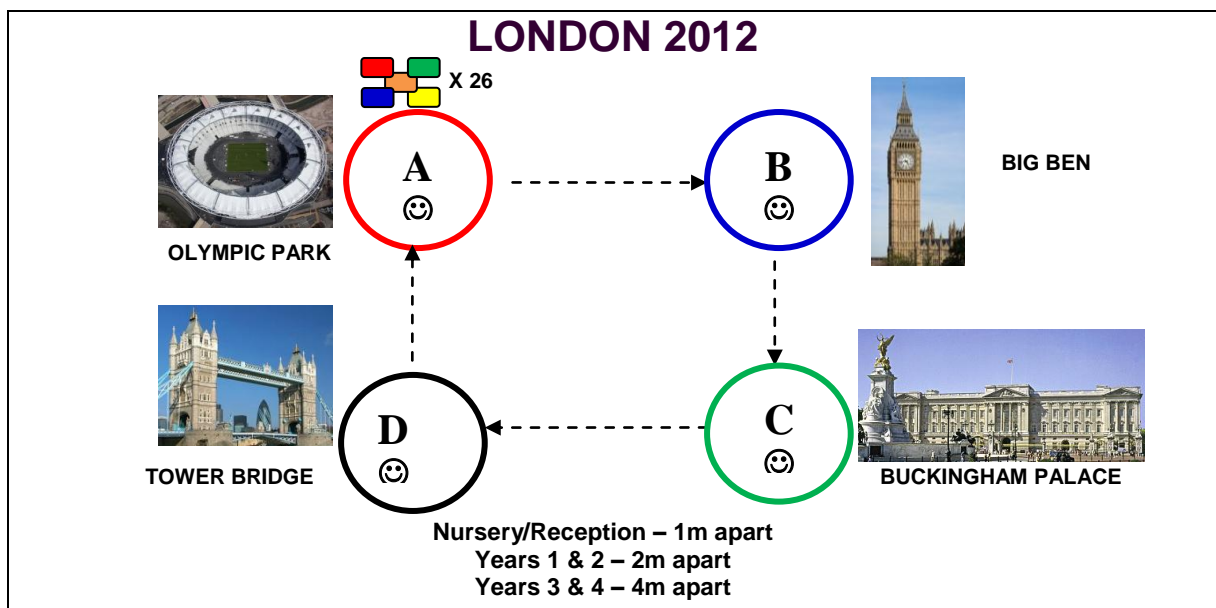
- Teams of 4 or more players
- Mini Leaders/Play Leaders show the teams the instructions.
- The specified marked areas for the activity are shown in the diagram below.
- The 4 team members each stand in one of the 4 large hoops which are spaced according to the diagram below.
- All 26 beanbags are placed on the outside and next to the hoop marked 'Olympic Park'. Player A will pick up a beanbag and throw it to a team member in a clockwise direction as follows:-
 Player A → Player B
 Player B → Player C
 Player C → Player D
 Player D → Player A
- To be successful the beanbag must be thrown and caught by team members standing completely inside their hoop.
- Once a beanbag has been moved successfully around the 3 London landmarks and back to 'Olympic Park' player A can then place it down inside the hoop and the process starts again with the other 25 beanbags.
- If a beanbag is not thrown or caught correctly at any point of the challenge it needs to be returned to the start position next to 'Olympic park' and a re-attempt must be made.

c. Challenge Complete:

When all 26 beanbags have landed successfully moved around all the London landmarks.

d. Equipment Needed

26 x Beanbags, 4 x Large Hoops, 1 x stopwatch



4+ PLAYERS ☺

Bean Bag Olympics – Challenge 1 – London 2012

SCORE SHEET

You may need to photocopy these sheets, depending on the number of pupils in a year group. Please use a different sheet for each year group.

School	
Lead person	

	Pre-school	Reception	Year 1	Year 2	Year 3	Year 4
Numbers in Year Groups						
Number of Participants						

NAME	GOLD <small>(Please note time achieved)</small>	SILVER	BRONZE

Award	Preschool/Reception	Years 1 & 2	Year 3 & 4
Bronze	Complete challenge	Complete challenge	Complete challenge
Silver	4 minutes	3 minutes 45 seconds	3 minutes
Gold	3 minutes 30 seconds	3 minutes	2 minutes 30 seconds

Challenge 2 - 5 Rings

a. Object of the Game:

To throw beanbags from a set distance marker into the target zone of 5 Rings (hoop circles). In turn, individual players (from a team of 5) must pitch their beanbag into 1 of the 5 hoop circles for a throw to be successful.

b. Instructions:

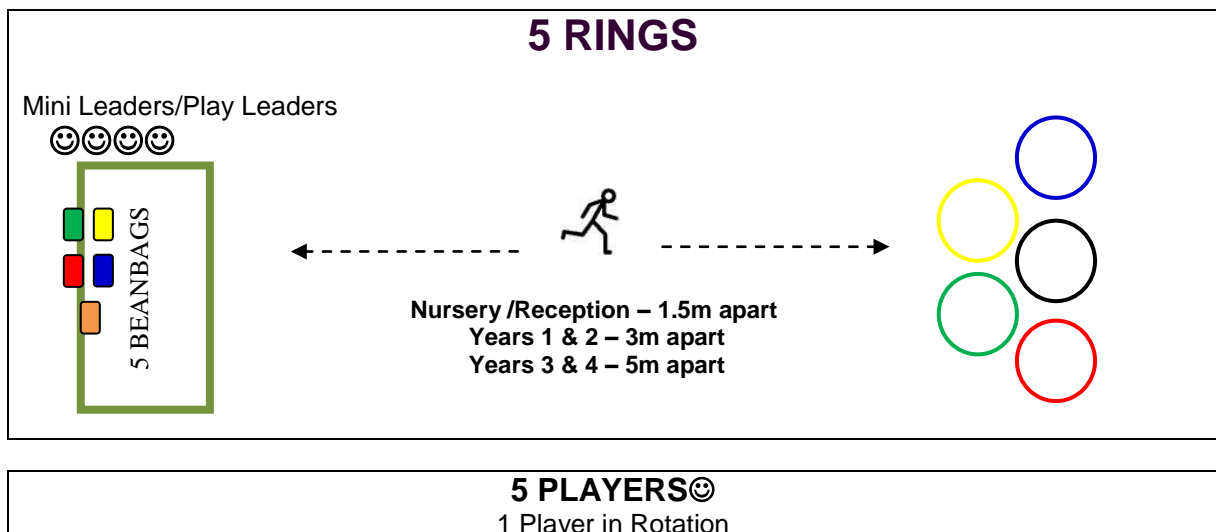
- Teams of 5 players.
- Mini Leaders/Play Leaders show the teams the instructions.
- The specified marked areas for the activity are shown in the diagram below.
- Mini Leaders/Play Leaders to use a large hoop as a template and draw with chalk on the inside of the hoop onto the playground surface the 5 Ring design shown below.
- Teams to select an order of rotation (from 1-5) to take it in turn to try and pitch a beanbag into one of the 5 hoop circles marked.
- A successful throw can touch the chalk line and be counted 'in'.
- Beanbags which cannot be counted 'in' will need to be retrieved immediately by the player who threw it.
- A beanbag is disqualified if it lands in an occupied target and should be retrieved immediately by the player who threw it.
- Beanbags can only be thrown when all team members are behind the throw line.
- Once each of the 5 players has had a turn, it is then up to the team's discretion as to who plays next, ie the rotation order can be mixed up.

c. Challenge Complete:

When all 5 beanbags have landed in an individual target.

d. Equipment Needed:

5 beanbags, 1 large hoop, chalk, stopwatch, pen and paper



Bean Bag Olympics – Challenge 2 – 5 Rings

SCORE SHEET

Please use a different sheet for each year group.

You may need to photocopy these sheets, depending on the number of pupils in a year group.

School	
Lead Person	

	Pre-school	Reception	Year 1	Year 2	Year 3	Year 4
Numbers in Year Groups						

Number of Participants						
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NAME	GOLD <i>(Please note time achieved)</i>	SILVER <i>(Please note time achieved)</i>	BRONZE <i>(Please note time achieved)</i>
1.			
2.			
3.			
4.			
5.			

1.			
2.			
3.			
4.			
5.			

1.			
2.			
3.			
4.			
5.			

1.			
2.			
3.			
4.			
5.			

AWARD	PRESCHOOL/RECEPTION	YEARS 1 AND 2	YEAR 3 AND 4
Bronze	Complete challenge	Complete challenge	Complete challenge
Silver	90 seconds	60 seconds	45 seconds
Gold	1 minute	45 seconds	35 seconds

Challenge 3 - PODIUM

a. Object of the Game:

Individual players rotate from a team of 4 and collect 30 beanbags (10 x Gold, Silver and Bronze medals) in total from the medal pile, and place on the three corresponding medal podiums.

b. Instructions:

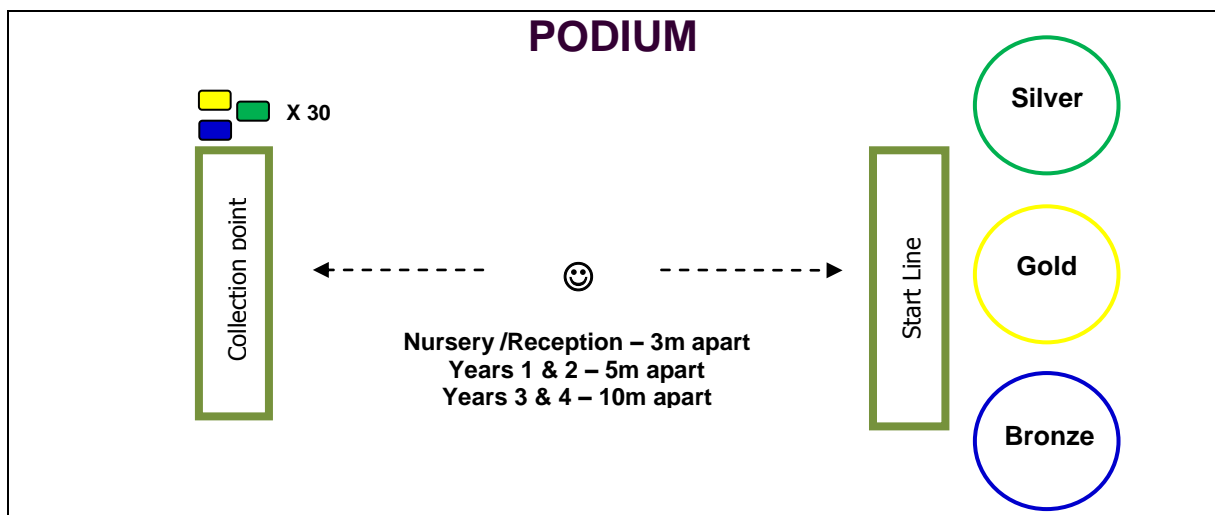
- Teams of 4 players
- Mini Leaders/Play Leaders show the teams the instructions
- The specified marked areas for the activity are shown in the diagram below
- Each player takes turns to run and retrieve a beanbag (medal) from the medal pile (10 x gold – yellow; 10 x silver – green; 10 x bronze - blue). If these colours are not available other colours may be used.
- On their return run, players will stand with both feet in the relevant medal hoop (podium) and place their beanbag down.
- Once a bean bag has been correctly put down inside the relevant hoop, the next player in rotation can begin their run.
- Players must build 3 individual piles of medals within each of the 3 hoops.
- Once each of the 3 piles of medals have been collected, 10 per hoop (podium), 3 individuals must stand in each of the 3 separate hoops and be holding the relevant set of medals for the time to be taken.

c. Challenge Complete:

When all 3 players are successfully holding 10 medals relevant to the hoop (podium) they are standing in.

d. Equipment Needed

30 x beanbags of 3 different colours
3 large size hoops
1 x stopwatch
Pen and paper



4 PLAYERS ☺
1 Player in Rotation

Bean Bag Olympics – Challenge 3 – Podium SCORE SHEET

Please use a different sheet for each year group - You may need to photocopy these sheets, depending on the number of pupils in a year group.

School	
Lead Person	

	Pre-school	Reception	Year 1	Year 2	Year 3	Year 4
Numbers in Year Groups						

Number of Participants						
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NAME	GOLD <i>(Please note time achieved)</i>	SILVER <i>(Please note time achieved)</i>	BRONZE <i>(Please note time achieved)</i>
6.			
7.			
8.			
9.			
10.			

6.			
7.			
8.			
9.			
10.			

6.			
7.			
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9.			
10.			

6.			
7.			
8.			
9.			
10.			

AWARD	PRE-SCHOOL/RECEPTION	YEARS 1 AND 2	YEAR 3 AND 4
Bronze	Complete challenge	Complete challenge	Complete challenge
Silver	3 minutes	3 minutes, 30 seconds	4 minutes
Gold	2 minutes, 30 seconds	3 minutes	3 minutes, 30 seconds