

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION

ACTIVITY: *Beanbag Scramble*¹⁶

Description: One hula hoop with all the beanbags is placed in the middle. The other hula hoops are placed at an equal distance from the center hula hoop. Each team is assigned a¹ hoop (home hoop) and are instructed to bring bean bags one at a time from the center hoop to their “home hoop”. Members on a team take turns running from the center hoop to their “home hoop”.

Number of participants



4 or more

Adaptations for Wheelchair Users:

- Children who are using wheelchairs can practice wheeling with the beanbag in their lap



From <https://www.youtube.com/watch?v=Ossr-84fnsU>

Skills

Physical: agility, balance, gross motor skill, coordination

Cognitive: sustained attention, selective attention, visual processing

Social: turn taking

Equipment

- Large number of beanbags (10+)
- 3+ hula hoops

Goal examples:

- By the end of the program, the child will be able to bring at least 5 beanbags from the center hoop to their “home hoop”.
- I can take turns with my friends and cheer them on during their turn.

My personal goal:

Next Assessment Date:

¹⁶ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNDamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Decrease the distance from the center hoop to “home hoop” to decrease physical demand	
Change the equipment	
	<ul style="list-style-type: none">Use larger bean bags to increase physical demand
Change the task	
<ul style="list-style-type: none">Cue child before giving the signal to start running (i.e., Ready, set, run) to decrease cognitive demand	<ul style="list-style-type: none">Have the child complete the activity while balancing a beanbag on their head to increase physical and cognitive demandHave the child walk faster/run or hop on one (or two) feet to increase physical demand

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