

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	4 buckets, 32 bean bags

## Get Ready:

- Place one bucket in each corner of the designated activity area. Make sure the distance between each bucket is the same.
- Place 8 bean bags in each bucket.
- Evenly divide students into 4 groups (1 group per bucket).

## Directions:

- When I say “Go!” you should each grab ONE bean bag from your bucket and place it into another team’s bucket. You may only carry one bag at a time!
- When I call out a movement (**frog jumps, skipping, dancing, hopping, lunging, walking on tip toes, etc.**) you must do that movement as you move the bags.
- The team with the least amount of bean bags in their bucket at the end of the time period is the winner.

## Tips:

- If classroom size or layout does not allow for setting up the buckets in a square, set up buckets in another pattern so each group has to travel the same distance to move bean bags.
- If space is small, have kids do **slow movements, balance activities, or strength moves.**

Source: Adapted from an activity in “Let’s Go Play!”, Oregon State University, 2010.

## Standard Connections

### Did You Know?

- Did you know that being physically active can help improve your grades? Remember to take breaks from sitting throughout the day and **BE Physically Active!**

### Show and Tell!

- ✓ **Grades K-2:** *Show me* how you would encourage your team! *Tell me* what was fun and what was hard about working as a team?
- ✓ **Grades 3-5:** *Show me* some of your favorite movements!
- ✓ *Tell me* other ideas you have for getting the bean bags into buckets faster. How could you work as a team?

### Try This At Home

- Try this activity idea the next time you have to put your toys or clothes away. Grab one item and **run/skip/hop** to put it back where it belongs!
- See how fast you can do it **hopping versus running or log rolling** (without breaking anything)!

