

The following activity is a lesson plan for grade 1 or 2 kids which lasts about 30 minutes. It can be used as an introductory lesson and further modifications can be made for subsequent lessons.

Aim: to create awareness of body parts through manipulative activities with beanbags.

Prerequisites:-

- Pupils must have learnt the appropriate response to whistle.(pupils to stop wherever they are and listen for next instruction)
- Pupils is aware of personal space through previous lessons on movement exploration (e.g exploring personal space with hoops)

Equipment: Beanbags, baskets.

Time	Activity	Remarks
5min	Each pupil to have one beanbag. Throw and catch beanbag while sitting down on the floor	Spread out beanbags before lesson to prevent pupils from rushing towards a similar spot at the same time. Emphasize the catching .Tell your pupils that they must not drop the “bomb” or “grenade”.
5min	Throw and catch beanbag while kneeling on the floor	Continue to emphasize the importance of catching the beanbag and NOT the aim of throwing as high as possible.
4min	Throw and catch beanbag while standing.	Pupils to throw , clap as many times as possible before catching beanbag. If the pupil claps five times, he scores 5 points... If he drops the beanbag, he scores no points. This is to stress the importance of catching.
5min	Throw and catch beanbag while walking around slowly	This is to create awareness of the need to throw the beanbag slightly forward while on the move.
5 min	Throw and catch beanbag while jogging slowly around	This is to increase the difficulty level of throwing/catching so as to provide pupils with a greater challenge. It also trains the pupil to watch out for one another while on the move.
5min	Partner activity. Find a partner. Stand near and facing your partner. Take 4 large steps away from each other.Pupil A to put beanbag on the floor while Pupil B to throw his beanbag to Pupil A. Everytime there is a successful catch, the “catcher” will take one small step away from “thrower”. If the pupil fail to catch beanbag, then he will take one step closer to his partner	The aim is to promote cooperation and at the same time to cater to individual differences in abilities.
1min	Get all boys with red beanbags to place them inside the basket . Then get those with green to do the same thing. Continue until all beanbags have been collected.	This is to allow pupils to return beanbags in an orderly manner.