

Beanbag Challenge

For this challenge you will need a beanbag and a stopwatch. You could work by yourself, or with a partner. Your challenge is to balance the beanbag on your foot, while your foot is off the ground, for 30 seconds.

If that's too easy, try a minute.

Can you try some other balances using the beanbag? Remember, you mustn't let it drop!



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).