

# BEAN BAG RACE

- Place your starting line/marker on the floor with the basket next to it
- Place 5 objects 2m apart from each other and 10m from the starting marker/line
- Collect the objects and place them in the basket 1 at a time as quickly as you can, objects can't be thrown into the basket
- This event can be run as a race between pupils or a timed event for individual runners (depending on equipment)



## TOP TIPS

WHAT ORDER SHOULD YOU COLLECT THE OBJECTS IN, IS IT QUICKER TO GO FURTHER OR SHORTER FIRST?

## EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH.  
5 BEAN BAGS- BEAN BAGS, TENNIS BALLS, SOCKS, ANYTHING THAT CAN BE PICKED UP EASILY  
BASKET- BASKET, BUCKET, BOWL, ANY OBJECT WHERE THE BEAN BAGS CAN BE PLACED  
STOPWATCH- WATCH, PHONE, ANYTHING THAT CAN TIME YOUR RACE

**CNSSP**

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