

Bucket Ball

Equipment Needed:

✓ 4 Buckets ✓ 32 bean bags

DIY Equipment:

Don't have the items needed to play?

Instead use any four large containers and 32 soft, light items such as stuffed animals.

Get Ready!

CLEAR a large activity area either inside or outside.

PLACE one bucket in each corner of the activity area at an equal distance apart

FILL each bucket with 8 bean bags

DIVIDE players into even groups, each assigned to a single bucket

TIP: If you have fewer than 4 players, assign a single player to each bucket instead.

Instructions:

1. Designate one player to keep track of time and call out movements
2. When the designated player yells "GO", players have 3- seconds to get as many bean bags into the other players buckets as they can. You may only carry one bean bag at a time.
3. The designated player will call out a movement (frog jumps, hopping, skipping, lunging, etc.) and players must do that movement while they move the bags. Try switching the movements multiple times during the 30 seconds.
4. The team/player with the least amount of the bean bags in their bucket at the end of the time period is the winner.

TIP: If the space is small, have players do small activities, balance activities, or strength moves.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

What are some ideas you have for getting the bean bags into the buckets faster?

How could you work as a team to fill the buckets faster?