



Bucket Ball



Equipment Needed:

- ✓ 4 buckets
- ✓ 32 bean bags

TIP: Don't have the items needed to play? Use any four large containers and 32 soft, light items, such as stuffed animals or rolled-up socks.

Get Ready!

Clear a large, square activity area 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 four even groups, each assigned to a single bucket.

TIP: If you have fewer than four players, create a different shape with the buckets, like a triangle (3 players).

Instructions:

1. Designate one player to keep track of time and call out movements.
2. When the designated player yells "Go!", players will have 1 minute 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, lunges, hops, etc.), and players must do that movement while they move the bean bags. Try switching the movements multiple times throughout the 1 minute.
4. The team/player with the least amount of 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 between buckets.

Family Talking Points:

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

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

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