

Egg Toss

Grades K-5

BENEFIT

Throwing skills,
catching skills

LOCATION

Grass, blacktop

EQUIPMENT

One beanbag
for every two
students

Tip

Encourage your
students to toss
the beanbag
underhand.

Tip

Remind your
students to hold
the beanbag in
their throwing
hand and to
step toward the
target with the
opposite foot
while tossing the
beanbag.

- 1 Assign each student a partner; have the partners stand facing each other, a few inches apart. Give one partner in each pair a beanbag. Tell the students to pretend the beanbag is an egg.
- 2 The partners begin tossing the “egg” back and forth. Each time the partners complete a pass, the student catching the beanbag takes a step back. If one partner misses or drops the beanbag, the egg breaks; the players must start over again, standing just a few inches apart.



One student tosses the “egg” to his partner.