

Hot-Potato Passes

Grades K-5

BENEFIT

Throwing skills,
catching skills,
fine motor skills,
moderate aerobic
exercise

LOCATION

Grass, blacktop

EQUIPMENT

One beanbag for
every group of
three students,
whistle (optional)

Tip

If no whistle is
available, call out
"Stop" or clap
your hands as
the signal.

Tip

If a beanbag is in
midair when the
whistle blows,
the student
to whom the
beanbag is
heading should
perform the
jumping jacks.

- 1 Put students into groups of three. In each group, the students should stand 5 to 10 feet apart, in a triangle formation. Give each group a beanbag.
- 2 In each group, the students begin tossing the beanbag around the triangle, using an underhand throwing motion (see photo below). After 10 to 20 seconds, blow the whistle. The student holding the beanbag when the whistle sounds must perform 10 jumping jacks.



Students should step forward with the opposite foot as they toss the beanbag to their partner.

Variation

Instead of 10 jumping jacks, have the students perform another exercise 10 times. Here are some possibilities: Push-ups, side-to-side jumps, hopping (10 times on each foot), jumping as high as you can.