

EXTRA LESSON EXERCISES I—Introduction to Beanbags Move-in-Time

Unless described differently, for all below bean bag exercises:

- posture: standing
- feet parallel + hip-width apart
- weight equally distributed on both feet
- body in relaxed upright posture so head aligned at the top of the spine

AVOID: swaying of upper body as arms move

GOAL: beanbag moves in smooth, continuous, fluid harmonious way.

PARTNER PRACTICE: Observe your partner doing the same toss/catch as taught & described; share observations of posture, gestures, challenges; record notes with practice chart.

3 INTRODUCTORY BEANBAG EXERCISES:

Example of image used below: *teaching a bird to fly*

1. 2 HANDS TOGETHER:

Toss & catch/receive a beanbag using two hands held together at the midline.

Image: *bird nest with bird lying on eggs; no eggs lost as the bird briefly flies up & lands softly back on the eggs.*

2. 1 HAND/DOMINANT HAND:

a. beanbag resting in hand as arm swings in a relaxed, even, rhythmic manner, without extraneous body movements.

Image: *With grace & flow, the bird swings on the branch blowing in the breeze.*

b. toss beanbag up—minimally--as the branch swings forward with eyes following; hand then follows weight of downward moving beanbag while gently catching/receiving it

Image: *the bird begins to gently fly*

c. AFTER hand gesture has been practiced and learned, introduce a new stance with foot positioned slightly forward of the opposite tossing hand = *cross-lateral gesture*.

3. HAND-TO-HAND:

With feet returned to parallel stance, position hands slightly wider than body with palms upward.

Toss beanbag hand-to-hand in an arc so that palms remain in a facing-upward position—hands are flowing up-down & gently catching/receiving the beanbag palms up without the hands/beanbag turning over.

Image: *now the bird flies from one nest to a nest on the other branch--without spilling any eggs.*

The bird flies from nest-to-nest and always lands softly on the eggs without crushing them.

MOVE-IN-TIME EXERCISES (MIT) #1 - #8:

All begin standing with feet parallel shoulder width apart or together unless otherwise specified.

#1 “Giving and receiving”

Starting position: standing, hold beanbag in either hand centered in front of the body at chin level, with the other hand, palm up, at the waist. Drop beanbag along the vertical midline from one hand to the other, so that the receiving hand follows the gesture with the beanbag down, out and around, moving it gently up to be dropped down into the other hand which repeats the motion as on the first side—thus creating a horizontal/lemniscate figure 8. As the beanbag makes this lemniscate shape in space (in the frontal plane), the elbows do follow the rising hand, lifting up and away from the waist. Avoid lifting the

hands too high before dropping beanbag. The receiving hand moves down in front and along the vertical midline as the other hand is moving up to the dropping position. Thus the hands are not moving symmetrically. Once motion is done gracefully and smoothly without exaggerated motions, add speech: counting or a nursery rhyme. When mastered, add walking & speaking.

#2 "A Ring Around the Waist"

Starting position: Standing, introduce by placing hands at the waist & note that the elbows are quite high with the arms shaped like "wings." Begin with beanbag in front in left hand and pass to the right hand in front of the body so that you are moving in a *clockwise direction*: then continue around to the back and pass from right hand to left hand, as the left hand continues around to the front again to pass to the right hand, and so on, passing from hand-to-hand around the waist always in this *clockwise direction*. Once you have checked that the direction is clockwise, going slowly at first, then go from slow to fast to very fast, then gradually back to slow. Add speech when able to keep elbows comfortably up going around the waist, while shoulders are simultaneously low/relaxed.

#3 "The Rainbow"

Starting position: Standing, place raised and extended arms gracefully out to the sides with hands palms up at shoulder level, the beanbag held gently in the right hand like a pot of gold at the end of the rainbow--elbows are slightly flexed, shoulders relaxed. Slowly and smoothly, start a continuous, symmetrical movement of lifting both arms up above the head to pass beanbag from right into left hand, then lower both arms so hands return to shoulder height and elbows slightly flexed where you started. Continue in a smooth, fluid manner. When working with students: Be sure they lift their arms all the way up, so that the hands meet at the midline *above the head*. Avoid mechanical or erratic motions of the limbs—move slowly all together. Add speech when motions are graceful & controlled/penetrated and hands can return to shoulder height each of 8 times. Once mastered, Grade 4 and up, may have a new challenge to toss the beanbag from hand-to-hand above the head.

#4 "The Waterfall"

Starting position: Standing, right hand—palm up—is positioned so that it is level behind the lower back as the left hand holds beanbag up behind head & drops it straight into the waiting right hand. In a continuous motion, the right hand then brings the beanbag down-out-up while left hand moves up-out-down in a mirrored & opposite motion until right hand drops beanbag into left hand which receives it behind the lower back--the beanbag traces the shape of a lemniscate (horizontal 8). Back, shoulders & head stay straight & relaxed. When able to move gracefully, and catching beanbag most of the time, add speech (verse.) Note: if a student has a hooded shirt, to avoid it getting in the way, they can put their hood on their head.

#5 "Under and Over"

Starting position: Standing With straight back/upright posture, beanbag held in either hand. Lift each leg high enough to pass the beanbag under it (no leaning forward or sideways) as follows:

- a) left hand passes beanbag under the left leg into the right hand (meeting/passing at midline),
- b) right hand comes up and around, and passes it under right leg back to left hand.

Beanbag makes the shape of a horizontal lemniscate. When done gracefully & with control, add speaking or stepping—forwards and/or backwards. Once mastered, combine speaking and stepping. Later: "fast & furious" version: toss beanbag while lightly hopping, keeping back straight/strong & stable posture.

#6 "Foot Exercises"

Starting position: feet bare and together, sitting with straight back--when mastered while sitting, do while standing:

- a) Beanbag on floor in front of feet.
- b) Pick up beanbag with the toes of right foot & place it forward; return right foot next to left foot to pause.
- c) Pick up beanbag with the toes of right foot & place it behind; return right foot next to left foot to pause.
- d) Pick up beanbag from behind, bring it forward and place it across to the left; return right foot next to left foot to pause.
- e) pick beanbag up from the left and place it out to the right; return right foot next to left foot to pause.
- f) pick beanbag up from the right & place it in front of the feet; return right foot next to left foot to pause.
- g) Now repeat the series with the left foot moving the beanbag in the same (mirrored) pattern for the left side.

#7 Standing figure eight

Starting position: standing upright, beanbag in right hand, both hands held palms up in front of waist, left under right. Movement is continuous and with upright posture.

- a) Rise up onto toes as both arms symmetrically curve out & up to above head where beanbag is passed into left hand.
- b) While feet return to flat on floor, both hands symmetrically curve out returning to original position as beanbag is passed back into the right hand (both hands palms up).
- c) Slowly squat down—back straight—as both arms move symmetrically out & down to in front of ankles—below knees.
- d) Here, beanbag is passed into left hand (both hands palms up).
- e) Then return upwards with arms repeating symmetrical curve out & up back to middle; bean bag passed into the right hand.

Continue for total of eight times. When able to perform gracefully, add speech (verse).

#8 "Spiral"

Starting position: squat with straight back/upright posture, both hands in front, beanbag held in right hand, palms up—as needed: place one foot slightly in front to maintain steady balance:

- a) Pass beanbag (wide clockwise movement around legs) from right hand into left hand behind back while starting to rise.
- b) Continue to rise as the left hand passes the beanbag into the right hand in front at hip level.
- c) Continuing to rise, pass beanbag into left hand behind back, less wide;
- d) Now standing, pass beanbag in front from left hand into right hand close to body--up high right below relaxed shoulders;
- e) Continue around to pass to left hand behind back (close to body still high up above waist level) as you begin to slowly move downward again.
- f) Continue to move downward as passing the beanbag into right in front at hip level-- a little further away from body.
- g) Continue with a wide gesture, passing into left hand behind back;
- h) Then finally, pass in a wider gesture into right in front now having returned to the starting position, fully squatting again.

The motion of the beanbag is a continuous, clockwise, bell-shaped spiral, narrowing the gesture as moving upward as far as possible, though keeping it under the arms with shoulders relaxed, then all the way back down to the widest gesture when in a squatting position.

To support smooth movements, count each passing until reaching 8. For example: 4 counts with upward passings, 4 with downward passings.

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