

# Use a hacky sack to develop fundamental movement skills

Hacky sacks offer endless opportunities for active fun. For beginners or old-school pros, this simple bag of beans is a great addition to any family's activity toolbox. Grab your hacky sack and try these activities for fun and physical literacy!

## 1. Junior Juggler

(skills: throwing, catching)

Start simple. Ask your child to throw the hacky sack from one hand to the other, building the height of the toss as they get the hang of it.



## 4. Basket Toss

(skill: throwing)

Place a basket, bowl, or garbage bin some distance away and ask your child to throw the hacky sack into the target. Remember to practice both underhand and overhand throwing, and to increase the distance as their accuracy improves.

## 2. Balance the Beans

(skill: balance)

Place the hacky sack on any body part and balance it there for a set amount of time (try 5 seconds to start!) For an extra challenge, try walking around while still balancing the hacky sack.



## 5. Strike It!

(skill: striking)

Gently toss the hacky sack in your child's direction and ask them to strike it with their hand down to the ground. As they improve, introduce a bat, racquet, or paddle to strike the hacky sack.



## 3. Catch It!

(skills: throwing, catching)

Ask your child to stand some distance away from you and gently toss the hacky sack to them using an underhand motion. The objective is for your child to catch the hacky sack using their hands and arms. For an added skill, ask your child to throw the hacky sack back to you (underhand or overhand).

## 6. Spin Like a Top

(skills: balance, spinning)

This activity requires your child to balance the hacky sack on their head and spin their body around in one place. For an extra challenge, balance the hacky sack on an outstretched arm.

All these activities can be done indoors, including cold winter days. Who knew a bag of beans could be so much fun?