



Dis+Abled

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GAME 16 - BEAN BAG WAR

TRADITIONAL AND ADAPTED GAMES
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

<https://disabled-erasmus.org/>



INTRODUCTION

This is a popular game but adapted to the needs of the Project target groups.

DESCRIPTION OF THE GAME:

We need 10 bean bags (we can also use other, similar equipment). The game involves two teams of 4-6 players each. The playing field is a rectangle, divided by a centre line. Its size depends on the number and age of the participants.

Two teams with an equal number of players (4-6) line up on both sides of the field, opposite each other. Each team places 5 bean bags on the ground next to each other. The aim of the game is to throw bean bags to the opponent's side of the playing field.

There is a referee, controlling time of playing, who stands next to the centre line outside the playing field. When she or he says "go!", both teams try to throw as many bean bags as possible to the opposing team's field within a specified time, e.g. 90 seconds. After the time has ended, the referee says "stop!". From that moment on, participants are no longer allowed to throw bean bags. The referee counts how many bean bags are in the playing field (those outside the field do not count). The team that has fewer bean bags on its half of the playing field wins.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Bean Bag war is a funny game, good for the whole family and many other target groups.

The possible adaptations for playing with people with disabilities:

A. For people in wheelchairs:

1. You can easily reduce the size of the pitch.
2. Organise it on a flat surface, without any obstacles.
3. They can have assistants, who can help them picking up the bean bags and then they can pass the bean bags to participants in wheelchairs, who can throw them to the other side of the playing field.

B. For visually impaired people:

1. Use bean bags or other equipment in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to bean bags.





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