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Bean Bag Toss Exercise for Seniors

A fun seated or standing activity for aged care groups, senior centers, memory care, and home caregivers.

Gentle Movement

Group Friendly

Easy Setup



Activity goal: Encourage gentle movement, focus, laughter, friendly competition, and social connection in a simple game that can be adapted to different ability levels.

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Benefits of Bean Bag Toss for Seniors

- Encourages gentle upper-body movement through reaching, aiming, and tossing.
- Supports hand-eye coordination in a simple and achievable way.
- Promotes social connection through team play, cheering, and shared conversation.
- Builds confidence because the activity can be adjusted for different mobility levels.
- Adds fun and friendly competition to an aged care activity program.



Equipment Needed

- Bean bags - soft, lightweight bean bags that are easy to hold and throw.
- Floor mat, sheet, or cardboard - used as the target area.
- Marker or printed numbers - for creating clear scoring zones.
- Masking tape - to secure the mat and mark the throwing line.
- Whiteboard or paper - for team and individual scores.
- Chairs - for residents who prefer to play seated.

How to Set Up the Game

Choose a clear, open space where participants can safely sit or stand. Place the target mat, sheet, or cardboard flat on the floor and secure the corners with masking tape.

Use masking tape to mark a throwing line, about 2 meters from the target or closer if needed. Arrange chairs near the line for residents who prefer to play seated.

Place the bean bags within easy reach and set up a whiteboard or paper nearby to record scores. Before starting, briefly explain that players will take turns tossing bean bags onto the target, aiming for the highest scoring areas.

How to Play



Divide participants into two teams and ask each team to choose a fun team name. Write the team names on a whiteboard to keep score.

Mark a throwing line with masking tape, about 2 meters from the mat or closer if needed. Seat teams on either side of the playing area, with a chair near the line for residents who prefer to throw while seated.

1. Choose the first player

Start with one participant from the first team. Each player takes their turn from behind the throwing line.

2. Give the player six bean bags

Each player has six throws. They can stand at the line or sit in a chair if that is more comfortable.

3. Toss one bean bag at a time

The player gently throws each bean bag onto the mat, trying to land on the highest numbered scoring area.

4. Add up the score

After all six bean bags have been thrown, add together the numbers where the bean bags landed.

5. Record the score

Write the player's score under their team name. You can also record individual scores for the highest scorers of the day.

6. Announce the winners

Add up team scores at the end. You may also announce the top two individual scorers and offer a small prize.

Tip: Keep the mood light-hearted. The goal is participation, movement, confidence, and enjoyment - not perfect scoring.

Scoring Ideas

Add together the numbers where each player's bean bags land and write the score on the whiteboard.

For team play, add each player's score to their team total. You can also record individual scores and announce the highest scorers at the end.

Small prizes, certificates, stickers, or a round of applause can make the game feel extra fun and rewarding.



Safety Tips

- Keep walkways clear and remove trip hazards around the playing area.
- Secure the mat with tape so it does not slide during play.
- Offer seated play for residents with balance concerns or fatigue.
- Adjust the throwing distance so the game feels achievable.
- Encourage gentle tossing rather than hard throwing.
- Provide supervision for residents who stand or use mobility aids.

Game Variations

- Seated bean bag toss: All players toss from a chair placed near the throwing line.
- Closest to the target: The bean bag closest to the centre wins the round.
- Team challenge: Add all team scores together after each round.
- Colour challenge: Call out a coloured bean bag residents need to use next.
- Memory care version: Use fewer bean bags, a closer line, and lots of encouragement.

Printable Score Sheet

Use this page to record team names, individual scores, and the highest scorers of the day.

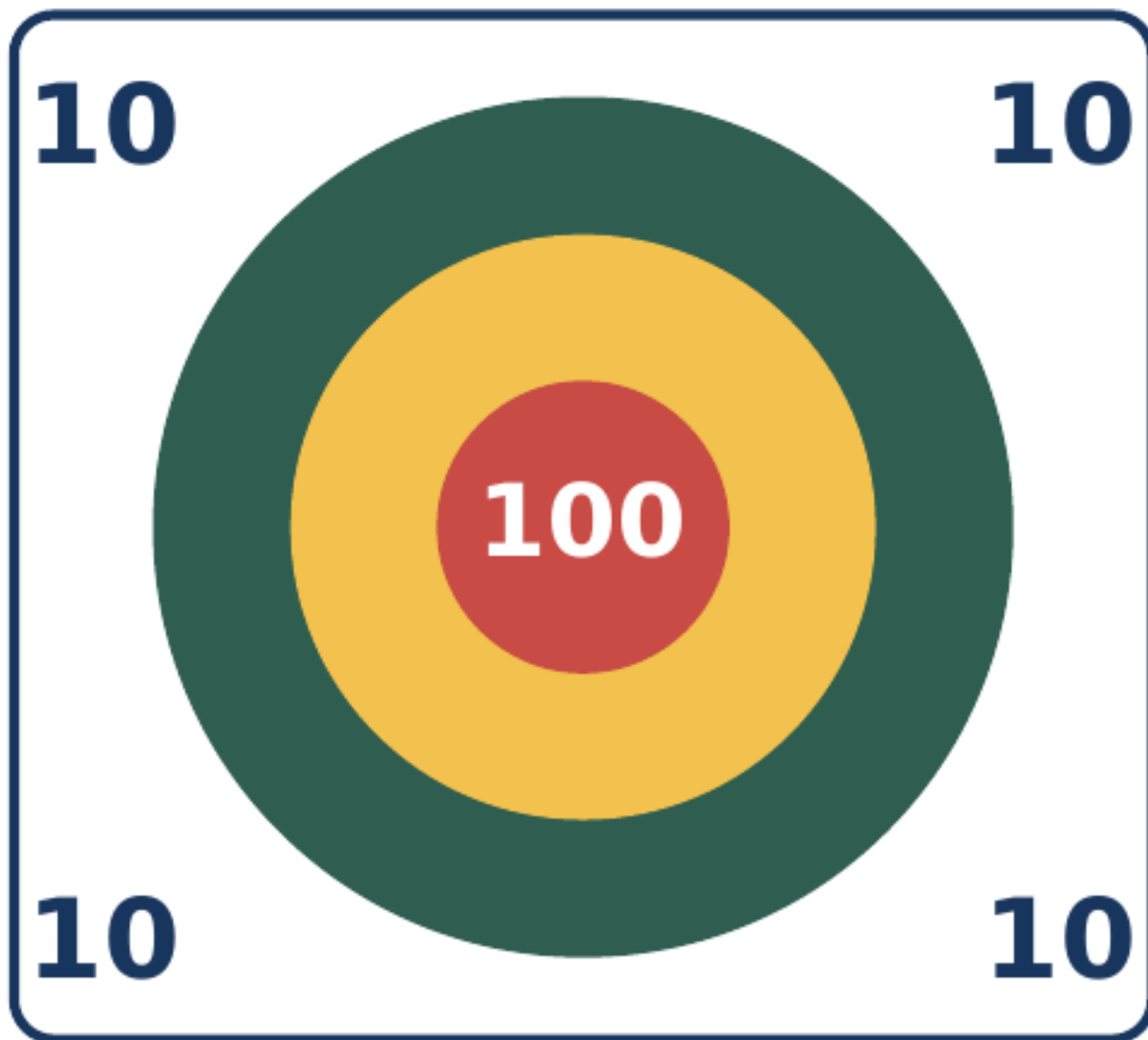
Team Name	Round 1	Round 2	Round 3	Total

Individual Scores

Player Name	Team	Score	Notes / Prize

Printable Mat Ideas

These simple examples can be enlarged, drawn onto a sheet, or recreated using printed number pages. Tape the mat securely to the floor before play.



8	7
6	5
1	4
2	3

Blank Planning Area
