

The Beans

How to set up:

- ✓ Players require a small space in which they can comfortably move their arms around without touching anything.

How to Play:

- ✓ One player calls out the following 'Beans' at random, other players must perform the correct movement:
 - Jelly Bean = players wobble like Jelly
 - String Bean = players stretch up tall
 - Baked Bean = players slowly rotate on the spot
 - Broad Bean = players stretch their arms and legs out wide
 - Mexican Bean = players pretend to lasso and shout 'Arriba!!'
 - Runner Bean = players run on the spot

Progression:

- ✓ Call out the Beans faster or slower to make the activity harder or easier.
- ✓ Give forfeits to players who perform the incorrect movement (i.e. 10 Star Jumps).

The Beans

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Aerobic endurance
- ✓ Balance & flexibility

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.