

Beans

Age:	3 - 7 Year olds
Participants:	4 +
Time:	5 Minutes
Equipment:	Cones (optional)

Skill(s):



Running



Balancing

Set Up:

- Mark out a large area using cones
- Children spread out in designated area



Description:

On coach's command, children perform actions:

- Runner bean – run fast around the area
- Jelly bean – move with wobbly movement
- Frozen bean – stop moving and freeze
- Full of beans – crazy running on the spot
- Broad bean – giant steps
- Chilli bean – shiver and shake
- String bean – walk on tip toes with arms stretched up in the air
- Jumping bean – jump on spot
- Balance bean – balance on 1 leg

Variations:

- Change commands very quickly e.g. runner bean/ frozen bean/runner bean/frozen bean so children go from running to frozen to running to frozen in quick time
- Nominate a child to call the commands
- Ask children to create their own 'bean movement'

Teaching Points:

- Ensure children have eyes up to avoid other children
- Take short, quick steps

