

Learning Intention: How can you move in different ways?

EQUIPMENT:

Throw down spots, beanbags, cones, tambourine.

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, and skipping

Keywords: Run, stomp, fast, slow, freeze, hop, skip, jump, big, small, throw, catch.

STORY TIME: Before the lesson

Share the story of Jack and the Beanstalk with the children

<https://www.thefablecottage.com/fables/jack-and-the-beanstalk>

WARM UP: Beans

Children to find a space. Explain to them that they are going to act like they are different types of beans.

Runner beans - **Run** on the spot

Baked beans - Curl up small

Chilli beans - Pretend they are cold

Jumping beans - **Jump** on the spot

Frozen beans - Freeze



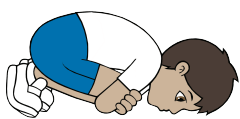
Demonstrate running



Demonstrate co-ordination



Move energetically - Jumping



Baked beans
Curl up small



Jumping beans
Jump on the spot



Runner beans
Run on the spot



Chilli beans
Pretend they are cold



Frozen beans
Freeze

ACTIVITY 1: Magic Bean

- ✓ Negotiate space
- ✓ Move energetically - Jumping
- ✓ Move energetically - Skipping
- ✓ Move energetically - Hopping

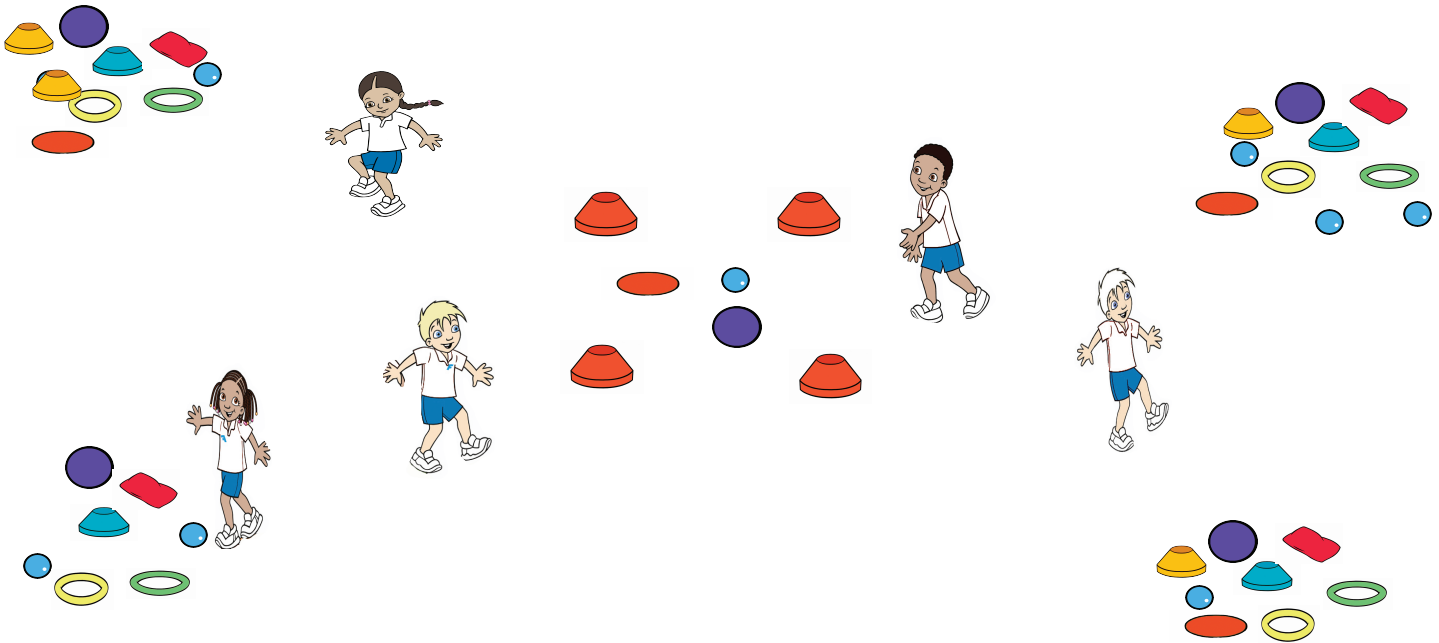
Place lots of equipment around the hall/area

Children to stand in a space.

Children to then **skip, hop, jump** around the area as asked by the teacher.

When the teacher calls "**magic bean,**" the children are to find a piece of equipment and bring it to the middle of the area.

Repeat the activity until all the equipment is in the middle.



ACTIVITY 2: Climb the beanstalk

- ✓ Demonstrate co-ordination

1. Children are to pretend to grow like a Beanstalk. They are to start off in a **small** ball and grow slowly into a tall Beanstalk. When they pretend to be the Beanstalk, can they stand as tall as they can on tiptoes.

Small ball



Stand tall as a beanstalk

2. Children are to pretend they are Jack. Children are to pretend they are going to **climb** the Beanstalk.

If teacher calls "**faster**", they are to pretend to climb as fast as they can up the Beanstalk.

If teacher calls, "**slower**" children are to **climb** slowly up the Beanstalk.

If the teacher calls "**freeze**" children are to **freeze** in that position.

If the teacher calls "**Chop**" children are to fall the the ground

Use a tambourine to shake **slower** and **faster**, and the children have to listen and move in time to the sound tambourine.

- ✓ Negotiate space
- ✓ Move energetically - Running
- ✓ Move energetically - Skipping
- ✓ Demonstrate co-ordination

ACTIVITY 3: Giants

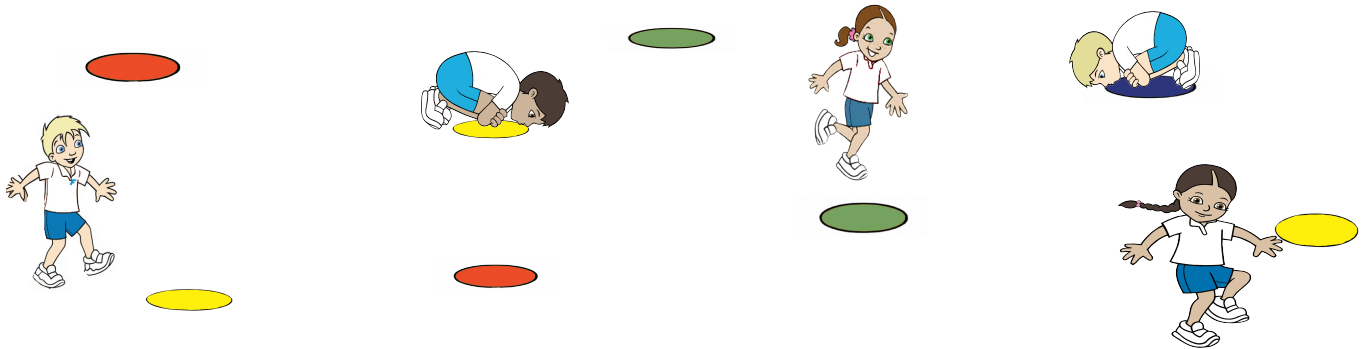
1. Place throw down spots on the floor. Children are to **skip** around avoiding the spots.

If the teacher calls **“the giant is coming”** the children are to run to a spot and hide. When they hide, they are to curl up into a **small** ball.

2. All children to now have a beanbag

- a) Children are to hold a beanbag (their magic bean) and hide it when curled up in a ball
- b) Teacher calls **“magic bean”** children are to throw and catch the bean

Make it easier: Give children a scarf to catch



ACTIVITY 4: Circle time

✓ Demonstrate co-ordination

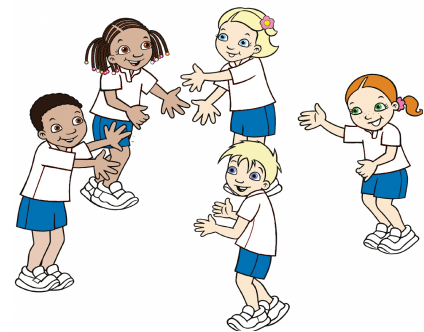
Children to stand in a circle and to stomp on the spot calling **“Fee-Fi-Fo-Fum”**.

When the teacher calls:

Golden goose: children are to pretend to lay an egg

Golden egg: children curl up into a small ball

Beanstalk: children climb down the Beanstalk



Giant: Stomp on the spot **“Fee-Fi-Fo-Fum”** showing a scary face

Harp: Children to dance on the spot with light feet (as a harp makes a gentle and relaxing sound).

COOL DOWN

Children to walk around pretending to be very happy like Jack. Children to imagine they are the tall Beanstalk and it is going to fall to the floor. They finish by slowly getting into a small ball.