

# FAIRY TALE ADVENTURES FMS - LESSON 1 - Nursery

Learning Intention: How can you move in different ways?

## EQUIPMENT:

Throw down spots, beanbags, cones

### 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, climb**

## 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



Demonstrate running



Demonstrate co-ordination



Move energetically - Jumping

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

**Jumping beans** - **Jump** on the spot

**Frozen beans** - **Freeze**



**Baked beans**  
Curl up small



**Jumping beans**  
Jump on the spot



**Runner beans**  
Run on the spot



**Frozen beans**  
Freeze

## ACTIVITY 1: Magic Bean

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

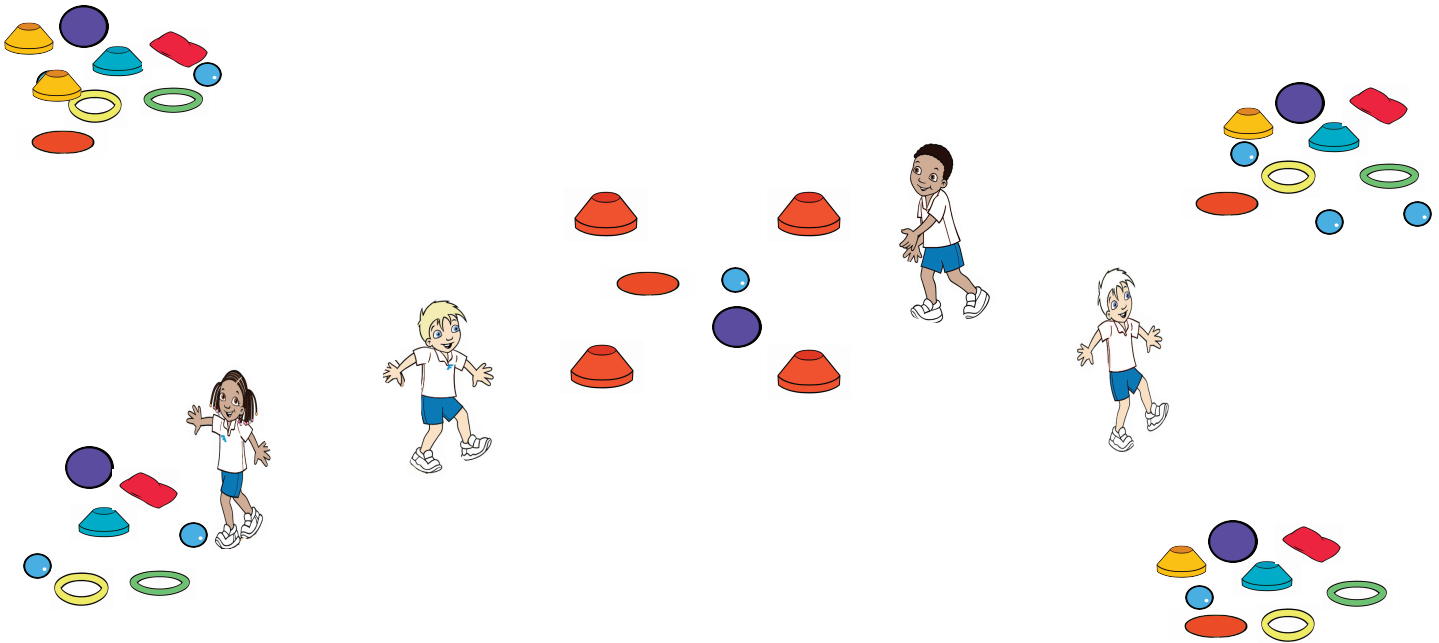
Place lots of equipment around the hall/area

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.

### ACTIVITY 3: Circle time



Demonstrate co-ordination

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

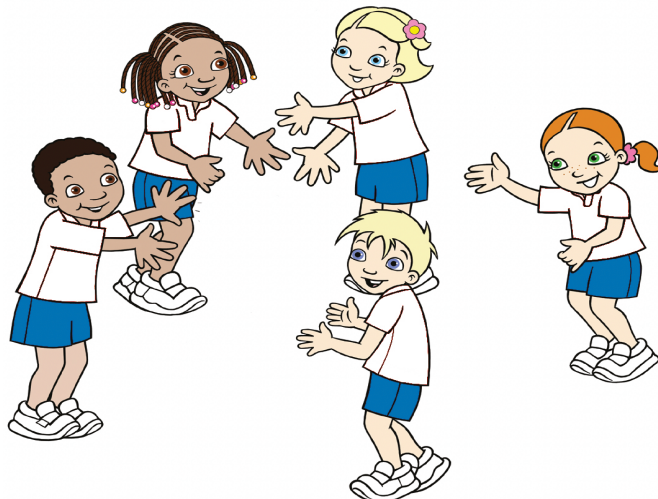
When the teacher calls:

**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



### 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.