

BEAN KEEP FIT



This activity supports children with the benefits of exercise whilst having fun.

THE ACTIVITY

In a large space...list as many different beans as you can together and practice how these beans would move such as:

- Broad bean - Stand as wide as you can stretching your legs and arms out wide.
- Chilli bean - Clasp your arms around your body and 'shiver'.
- Baked bean - Lie flat on the floor.
- String bean - Make yourself as tall and thin as can be. Arms together and stretch up high. Feet together and stand on your tip toes.
- Runner bean - Run on the spot.
- Jelly bean - Make wobbly movements like jelly.
- Jumping bean - Jump up and own on the spot.

ENRICHING VOCABULARY

Stretch Lie Run Stand Shiver Squat Wide Flat Tall
Thin Jump Wobbly

