

KS2 Movement

Beans

Listen and respond

Movement

Warm & focus

Change action, direction and level

Skills

Use & Apply

Perform

Social

Listen and respond. Move through spaces with regard for others

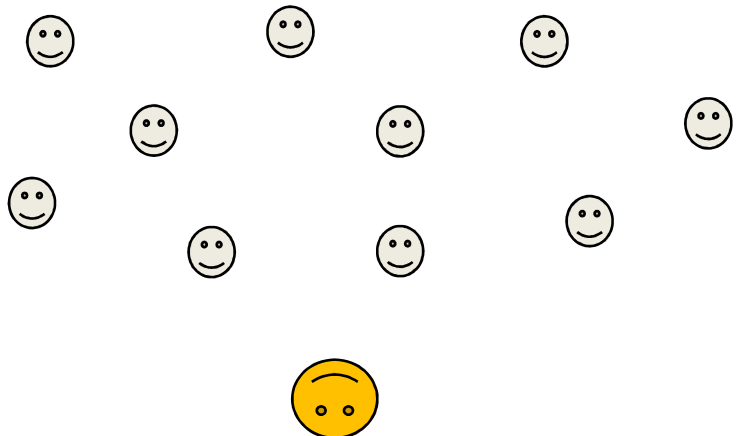
Evaluate & improve

SPACE

- Mark the working area using cones or existing court/pitch lines or cones. *A netball or tennis court works well.*
- Ensure participants are well spaced and that they are continually aware of space and others as they move.

This is a listening game that warms the body and focuses the mind.

- Jumping Beans: Bounce on spot, or as you travel
- Frozen Beans: Stay still in a spikey shape
- Microwaved Beans: Turn on the spot
- Broad Beans: Stay still in a wide stretched shape
- Runner Beans: High knees on the spot or as you travel
- Baked Beans: Lie on the floor
- String Beans: Make a long thin shape
- French Beans: Call "Ooo la la!" and gesture



TASK

1. Ensure children are standing in a space.
2. Explain and practise 3 of the "beans" actions (see diagram above). One action should be static.
3. Teacher calls actions and expects children to listen and respond immediately and accurately
4. Explain and practise another "beans" action
5. Add this action to the repertoire
6. Continue to add actions as desired
7. Call learned actions in a random order
It is good to alternate static and moving actions where possible.
8. Finish with a flourish on "French beans"

Can children suggest new actions?

EQUIPMENT

- NONE

Or

- Set of stacking markers to mark a working area if needed

PEOPLE

Children will work:

- As a whole class
- Solo in space

The teacher leads the activity

To make the task easier or harder, **STEP change** one or more: **Space** **Task** **Equipment** **People**