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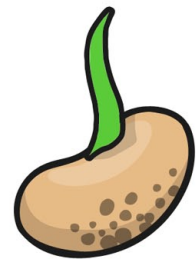
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# PE – The Bean Game



This activity is ideal for use as a warm-up.

- 1) The children should begin by walking around the room in any direction.
- 2) On the various commands listed below, they should carry out the appropriate action:

Command	Action
JUMPING BEAN	Jump around the room
RUNNER BEAN	Run around the room (looking out for other people). OR Running on the spot (more suitable for younger children)
BROAD BEAN	Stretch your arms and legs out as wide as you can. OR Walk around the room taking as large strides as possible OR Jump in a star shape
BAKED BEAN	Lay on the floor in a star shape until the next command is given.
JELLY BEAN	Wobble like a jelly
CHILLI BEAN	Shiver and shake
FROZEN BEAN	Stand very still.
BEAN SPROUTS	Stand on tiptoes and make yourself as tall and thin as possible.
STRING BEANS	Stand on the spot, making yourself as long and thin as a piece of string OR Find 2 partners, hold hands and run around in space. OR Make a long thin shape
BAKED BEANS ON TOAST	Lie flat on the floor, spreading arms and legs out as far as possible. OR Children lie in middle of area as close to each other as possible
BEAN PIE	Stand in one spot and do the can-can
FRENCH BEANS BACK TO BACK BEAN SEAN BEAN	OR Cross your arms, kick your legs and point your toes while saying 'ooo la la' in a french accent! Put 1 hand on your hip and put the other hand in the air and make a circle facing the ceiling while shaking your hips as if you are doing the hoola hoop on your waist.
KIDNEY BEANS	Bend over and try to touch your toes! OR Freeze and bend into a C shape and shout Chilli Con Carne! OR Make a Kidney shape on the floor
BUTTER BEANS	Slide around on bottom (indoors)
SNAP BEANS	Children snap their fingers.

