

THE BEAN GAME

The children should begin by walking around the room in any direction or you could play initially on the spot.

On the various commands listed below, they should carry out the appropriate action:

1. JUMPING BEAN - Jump around the room
2. BAKED BEANS ON TOAST - Lie flat on floor, spread arms and legs as far as poss / Children lie in middle of area as close as poss / find partner and lay on floor
3. RUNNER BEAN - Run around the room / on the spot (age/stage/space)
4. FRENCH BEANS - Stand and do can-can / Strike a pose and shout "Bonjour" / Strike a pose and shout "oooh la la!"
5. BROAD BEAN - Stretch arms/legs as wide as you can / Walk around room with Large strides / Jump in star shape
6. BACK TO BACK BEAN - Find a partner and stand back to back till the next command
BAKED BEAN - Lay on floor in a star shape until next command / or – Lie on floor and sunbathe
7. COFFEE BEANS - All cough madly (Hands over mouth!)
8. JELLY BEAN - Move round room slouching/silly movements , or Wobble like jelly
9. KIDNEY BEANS - Stand still with arms & upper body bent fwds at waist / touch your toes! / bend into C shape and shout "chilli con carne"
10. CHILLI BEAN - Shiver and shake
11. BUTTER BEANS - Slide around on bottoms / make a cuboid shape
12. FROZEN BEAN - Stand VERY still
13. SANTA'S BEEN - Walkabout wobbling your tummy shouting "Ho, Ho, Ho"
14. MR BEAN Walk around with a puzzled/vacant expression, muttering under your breath
15. BEAN SPROUTS - Stand on tiptoes and make yourself as tall and thin as poss'
16. FLAT BEANS - Use at the end to get Kids to lie flat on backs!
17. STRING BEANS - Stand on spot-make yourself as long and thin like a string / find 2 partners hold hands and run around / make long thin shapes / pretend to play air guitar!
18. MAGIC BEAN - Wave wand or waggle fingers casting a spell / Or – Return to spot they Started the game in / Skip around waving wand

VIDEO RECORDER

This activity can be used as a warm up to most PE lessons.

Children respond to the following video controls, using the appropriate actions:

1. Play - walk around
2. Rewind - run / walk backwards
3. Fast Forward – run fwds
4. Pause - jump on the spot
5. Stop – stop
6. Eject – Big Jump Up!
7. Record - Pull a funny face!
8. Search – Skip sideways
9. Change – Change Direction

SIMON SAYS

Try to make this game as active and as fun as possible, combining aerobic and stretching activities.

Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot etc.

Adapt TASK to make easier activity for younger stage pupils.

Teachers can model moves correctly for pupils to improve specific skills – for progression teachers can say one thing and model another to catch kids out!

TRAFFIC LIGHTS WITH CARS

A simple warm up activity where the teacher/leader shouts commands and the group complete the relevant action.

1. RED - Stop
2. TRAFFIC JAM - Walk very slowly
3. AMBER - Sit down as fast as possible
4. CHANGE LANES - Change directions
5. GREEN - Run around the area
6. REVERSE PARKING - Walk Backwards
7. ROUNDABOUT - Turn round once
8. ROADWORKS - Run in single file
9. MOTORWAY - Speed up (leave to late in w.up)
10. BREAKDOWN - Lie down till next command
11. SPEED BUMP - Jump and carry on
12. RAIN - Use arms as windscreen wipers
13. FOGGY WEATHER - Pair up one behind other / Person in front leads the person behind who has eyes closed
14. ZEBRA CROSSING - Gallop like a zebra!
15. LOW BRIDGE - Everyone walks hunched over / low to ground
16. LOLLIPOP LADY - Children put hands out in front of them and shout
17. "STOP!" POLICE CAR - Sit on floor and spin around shouting "nee naw nee naw"
18. TRUCK - In pairs – One is the lorry the other the container

For A really Simple version – use just RED/AMBER/GREEN and perhaps 1or 2 others; This could be controlled by the adult/Leader by calling out colours OR waving appropriately coloured scarves / holding up coloured card circles / responding to percussion/music.