

The Beans

How to set up:

✓ Players require a small space in which they can comfortably move their arms around without touching anything.

How to Play:

✓ One player calls out the following 'Beans' at random, other players must perform the correct movement:

- Jelly Bean = players wobble like Jelly
- String Bean = players stretch up tall
- Baked Bean = players slowly rotate on the spot
- Broad Bean = players stretch their arms and legs out wide
- Mexican Bean = players pretend to lasso and shout 'Arriba!!'
- Runner Bean = players run on the spot

Progression:

- ✓ Call out the Beans faster or slower to make the activity harder or easier.
- ✓ Give forfeits to players who perform the incorrect movement (i.e. 10 Star Jumps).

This document is for guidance only. Please consider individual pupil requirements, and carry out risk assessment of facilities and equipment before your lesson