



dance - drama - music

## BEAN WARM UP

This is a great, quick and fun cardio vascular warm up.

Children will stand in a space and teacher will instruct the different 'bean' movements;

Runner Beans: Run around the room

Broad Beans: Legs wide arms stretched out

French beans: one hand on hip, other hand out stretched "oh la la"

Kidney beans: lay on side and curl into a kidney shape

Dwarf beans: Squat small

Baked beans on toast: Lay flat on the floor next to someone

Jumping beans: Jump

String beans: Stretch up tall

Jelly Beans: Wobble

This game is great fun and children will enjoy it and respond appropriately