



dance - drama - music

JACK AND THE BEANSTALK

This session children will be focusing on size and measurement, and making comparisons. They will represent their own ideas, thoughts and feelings through music and dance. They will have the opportunity to engage as a team. They will know about similarities and materials and living things, and respond appropriately. This type of play also develops children's imaginations which are closely linked to creative development. They will explore the use of props, role play and a wide range of music. Doing this they will gain knowledge of the world, be creative and imaginative, develop their personal and social skills, and of course, moving will encourage healthy, physical development.

INTRODUCTION – Warm ups- Use sequencing markers to encourage spacial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do!	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers position)	(hands together in prayer)
Teddy Bear Teddy Bear turn out the light sound a 'click')	(imitate switching off the light,
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement based activity.

- 🚩 House/mouse: Stretch up tall, squat small, repeat 3 times
- 🚩 Frog bounces: In squat position- bounce
- 🚩 Grow: Slowly raise to standing
- 🚩 Bouncy scarecrow: Arms out to side, knee bends in time with the music
- 🚩 Runners: Jogging on spot, knees high, the kick behind-try to kick your bottoms
- 🚩 Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat
- 🚩 Windmill arms : both arms straight moving backwards and then forwards
- 🚩 Shrugs : Shoulder lifts, shoulder drops and one at a time
- 🚩 Looks : look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side

 Head rolls: Slowly roll head alternate directions

Music:- Marvin Gaye – Heard it through the grapevine

ACTIVITY – JACK AND THE BEANSTALK

- Introduce the children to the story, encouraging the childrens participation where possible
- Use some runner bean seeds as visual aids

Ensure the children have enough space and only become ‘vocal’ on your instruction.

Explain that Jack has been sent to bed with out any supper and the magic beans have been thrown out of the window.

Find a space and curl up into a ball ‘as small as you can’. We are the magic beans and the when the music starts we are going to grow and grow and grow.

Slowly raise your body while on your knees, lift on leg for support and then the other and stand with knees bent, head down, slowly straighten your body and uncurl your arms, reach up to the ceiling and stretch your bodies as tall as you can go.

When music changes (approx 1m): Its time to be Jack;

Wake up..rub your eyes and yawn. Go to the window, open your curtains, and notice the beanstalk (astonished),

Climb out of the window (bungalow!!), and start to climb the beanstalk (there are intermittent slow paces in the fast tempo music; use this to pretend to rest as its exhausting!). When you reach the top, look around at the view, clouds everywhere, white fluffy clouds, look down. Look at how high we are?

Notice the enormous castle in the distance....lets go and explore..!

(make the most of this time as children love to ‘pretend play’ notice, large chairs you can’t reach, sit on a spoon and play ‘see-saw’, find a giant pea and use it as a football etc etc) Ask the question – Who would live in a castle like this?

Music:-Gershwin – Rhapsody in Blue

Giant Time – Explain to the children that we are going to be the GIANT!! Make yourselves big, strong, enormous, tough, scary etc. Stamp feet and pace around the room, stopping to sniff around! Fee- Fi- Fo- Fum, I want food in my tum....is my rhyme, however you may choose to use the original rhyme. Chant in time with your stamping.

Sit down at your enormous table and eat your huge plate of GIANT food. Ask the children to demonstrate what they have on their plates.

Music: Orff - Carmen

Let’s be Jack - He has heard the Giant, how is he feeling??

Creep around the room looking frightened, using the pauses to check behind you!

Step over items, through doors, under tables etc.

Stop to rest under a table, the giant comes in a eats his dinner. Stay quiet!

Under the table is a Golden Hen laying Golden Eggs, collect some of the golden eggs and place them carefully in your pocket. (On our website we sell golden shaky eggs).

The giant falls asleep, now is our chance to creep out. Carefully follow the route you took creeping all the time, Don't wake the Giant!

As you leave the door bangs and the Giant wakes – RUN!! Find your beanstalk. Speed down the beanstalk, look for an axe and chop the beanstalk down.

The Giant has gone forever and we can celebrate with our golden eggs.

Music : Sibelius - Finlandia

CELEBRATION:

We must celebrate, Jack and his mum invite everyone from the village to join in the celebrations.

Incorporate knee bends, clapping, partner clapping (individuals clap, then clap their partners hands together)

Partner dancing: Find a partner hold both hands and side gallop from one end of the room to the other.

Divide the group into two groups; one group will make a circle holding hands, the other group will walk/skip in and out of their arms, holding hands with each other in a chain (In and Out the Dusty Bluebells)

Music : Strauss – Radeszsky March

AND MORE:

Let the children assist in creating a chant for the Giant:

Fee Fi fo Fum , I want food in my tum

Fee Fi Fo Fie, I want you in my pie

Fee Fi Fo Fish, Come and sit in my dish!

AND MORE:

Use the Shaky Eggs to accompany the CHANT.

AND MORE:

Plant runner beans inside clear plastic CD sleeves with a piece of wet cotton wool and watch them grow, measure them each week. Which one will grow the tallest.

Once they have started to grow, re-pot them and create a little Jack and the Beanstalk scene, as in image below.

