The Highland Council’s High 5

Fit 15

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| Learning Through Stories and Rhymes – Beans – Rainy Day |
| Resources |
| Curriculum for Excellence Benchmarks  HWB 0-21a “I am learning to move my body well, exploring how to manage  and control it and finding out how to use and share space.  HWB 0-22a “I am developing my movement skills through practice and energetic play. |
| Part 1: In my own space, practise the following on the spot:  Runner Bean – jog on the spot  Broad Bean – Stretch out wide in a star shape  Kidney Bean – lie in a curved shape  Magic Bean – uncurl from low to high  Mean Bean – stamp on the spot  Chilli Bean – shiver and shake  Jumping Bean – jump up and down  Black Eyed Bean – wibble and wobble on the spot  Super Bean – either show muscles or lead with one arm to fly like a superhero  Microwave Bean – turn and ‘ping’ on the spot  Bean Casserole – all come together in middle of the room |
| Part 2: As above but travelling around the hall into all the spaces |
| Part 3: Listen to the story and respond in movement when you hear the name of that bean. |
| Bean Story – The Rainy Day  It was a wet and windy afternoon but Runner Bean decided to go for his usual jog in the park. He loved running in the rain. He was just getting ready when the doorbell rang. There on the doorstep were his friends Kidney Bean and Magic Bean. ‘Hello’ said Runner Bean, would you like to come for a jog with me? ‘Of course we’ll come; they replied, and the three friends jogged off to the park. On the way they saw Jumping Bean splashing in the puddles, and Broad Bean trying to step over them! Runner Bean and his friends waved and kept on running. In the park they spotted a rather soggy Butter Bean who was slithering and sliding on the muddy grass, Jelly Bean, was wobbling so much he could hardly stand up and Black Eyed Bean who was hopping up and down at the edge of the pond. ‘Help’ they shouted, Chilli Bean has fallen in the water and is wet through. Runner Bean jogged over to help, but before he could reach them Super Bean jogged over to help, but before he could reach them Super Bean appeared and pulled Chilli Bean out of the pond. ‘Oh thank you, thank you Super Bean’, they all shouted. Please come back with us for tea. Microwave Bean will have some warm food ready for us when we get home. So Runner Bean led the way back out of the park, down the street, in through the garden gate, up the path, in through the door, into the kitchen and sat down at the table in front of a big bowl of… delicious Bean Casserole! |

Adapted from South Lanarkshire’s Early Years Connections PE Resource Pack