The Highland Council’s High 5

Fit 15

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| Learning Through Stories and Rhymes – Beans – Snowy 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  String Bean – stretch up in a tall thin shape  Frozen Bean – freeze on the spot  Mean Bean – stamp on the spot  Chilli Bean – shiver and shake  Jumping Bean – jump up and down  Full of Beans – dance on the spot  3 bean salad – join up in 3s |
| 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 Snowy Day  It was a cold, snowy morning and Runner Bean decided to go for a jog in the park to keep warm. On the way he met his friend Chilli Bean who was shivering and shaking because of the cold. ‘Come with me’ said Runner Bean, a jog will soon warm you up’. And so the two friends jogged off into the park. They met lots of other friends as they jogged. Full of Beans was having lots of fun in the snow, and Jumping Bean wasn’t cold at all because he just kept bouncing up and down! Mean Bean either because he was stomping up and down in a really bad mood as usual. Chilli bean and runner bean kept on jogging until they came to a huge pile of lovely soft snow. And there, lying on his back, was broad bean, making snow angles with his friend string bean. All this exercise had made everyone very hungry so runner bean invited all his friends home for tea. They jogged back out of the park, down the street, in through the garden gate, up the path, in the through the door, into the kitchen and sat down at the table in front of the biggest and tastiest 3 bean salad you have ever seen! |

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