The Highland Council’s High 5

Fit 15

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| Learning Through Stories and Rhymes – Beans – Sunny 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  Jelly Bean – wibble and wobble on the spot  French Bean – can can dance on the spot  Butter Bean – slide along the floor  Baked Beans on Toast – curl up in a round ball |
| 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 Sunny Day  It was a lovely sunny day and Runner Bean decided to go for a jog in the park to keep warm. The sun was shining as he jogged along the path, and spotted his friends Broad Bean and String Bean. Broad bean was very easy to see because he was big and wide, but he almost didn’t spot String Bean behind the trees because he was so tall and thin. ‘Hello’ shouted Runner Bean, ‘will you join me on my jog?’ And so off went the 3 friends, chatting as they ran. ‘I say’ said runner bean, ‘I think I can hear music?’ And sure enough, just round the corner, a band was playing, and there was French bean dancing the can-can in the middle of the bandstand. Runner bean gave him a wave and the 3 friends continued on their journey. Round the next corner they spotted butter bean. ‘I’ve been in the hot sun too long, and I’m started to melt!’ Poor butter bean was slithering and sliding all over the place. ‘I know’ said runner bean ‘let’s jog over into the shade and frozen bean will let us take a lovely cool drink.’ Underneath a very large sunshade, jelly bean poured out 3 cups of delicious ice cold water. He wibbled and wobbled but didn’t spill a drop! It was not nearly so hot now as the sun was beginning to set. Runner bean decided it was time to go home for tea. He waved goodbye to his friends and jogged back out of the park, down the street, in through his gate, up the path, in the through the door, into the kitchen and sat down at the table for a big plate of baked bean on toast. |

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