

Stay Active - Short Burst Games

THE BEAN GAME

This activity is ideal for use as a warm-up before the main part of most lessons.

- 1) The children should begin by walking around the room in any direction or you could play initially on the spot.
- 2) On the various commands listed below, they should carry out the appropriate action:

Command	Action
JUMPING BEAN	Jump around the room
RUNNER BEAN	Run around the room (looking out for other people).
	OR Running on the spot (more suitable for younger children than running around the room)
BROAD BEAN	Stretch your arms and legs out as wide as you can.
	Walk around the room taking as large strides as possible
	Jump in a star shape
BAKED BEAN	Lay on the floor in a star shape until the next command is given.
	OR Lie on floor and Sunbathe
JELLY BEAN	Move around the room slouching and doing silly movements
	Wobble like a jelly
CHILLI BEAN	Shiver and shake
FROZEN BEAN	Children have to stand very still.
MR. BEAN	Walk around with a puzzled/vacant expression, muttering under your breath!
BEAN SPROUTS	Stand on tiptoes and make yourself as tall and thin as possible.
STRING BEANS	Stand on the spot, making yourself as long and thin as a piece of string
	OR Find 2 partners, hold hands and run around in space.
	OR Make a long thin shape
	OR pretend to play an "air guitar" or violin!
BAKED BEANS ON TOAST	Lie flat on the floor, spreading arms and legs out as far as possible.
	OR Children lie in middle of area as close to each other as possible
	OR Find a partner and lay on the floor
FRENCH BEANS	Stand in one spot and do the can-can
	OR Strike a pose and shout "Bonjour!"
	OR Strike a pose and shout "Oooh la la!"
BACK TO BACK BEAN	Find a partner and stand back to back until the next command.
COFFEE BEANS	All cough madly (hands over mouths of course)
KIDNEY BEANS	Stand still with arms and upper body bent forwards at waist.
	OR Bend over and try to touch your toes!
	OR Freeze and bend into a C shape and shout Chili Con Carne!
	OR Make a Kidney shape on the floor
BUTTER BEANS	Slide around on bottom (indoors)
	OR Make a cuboid shape
SANTA's BEEN	Walk about wobbling your tummy saying "Ho, Ho, Ho!"

HAS BEANS	Walk around with a pretend walking stick as if old and frail.
	Point behind you, look behind you, or walk backwards.
	All lying on the floor pretending to be dead.
	Walk Backwards
FLAT BEANS	You can use this at the end of the activity the children lie flat on their backs.
MAGIC BEAN	Children either wave their magic wand or waggle their fingers as if casting a spell.
	OR children return to the exact spot they started the game in (useful to get them to find identifying features of their starting point).
	OR children skip around room waving a wand.

VIDEO RECORDER

This activity can be used as a warm up to most PE lessons. Children respond to the following video controls, using the appropriate actions:

Play - walk around

Rewind - run / walk backwards

Fast Forward - run

Pause - jump on the spot

Stop - stop

Eject - Jump Up!

Record - Pull a funny face!

SIMON SAYS

Try to make this game as active and as fun as possible, combining aerobic and stretching activities. Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot etc.

TRAFFIC LIGHTS WITH CARS

Green: children steer their cars in and out of everyone else with quick little running steps

Amber: children steer their cars in and out of everyone else with slow creeping steps

Red: children stop the car and put the brake on.

This could be controlled by the adult : by calling out colours, waving appropriately coloured scarves, holding up coloured card circles, responding to percussion/music.

Rhyme Time - Find words that rhyme with...



dog



hen



bug



pin



dig



cat



bun



man



bed



sock

My Sound Mat



Make, mountain, mountain



Around the apple and down the leaf



Slither down the snake



Around the dinosaur's bottom and up to his neck



Down the tower, across the tower



Down the insect's body and a dot for his head



Down Nobby and over his net



Down the pirate's pirate and around the pirate's face



Round the girl's face, down her hair and give her a curl



All around the orange



Curl around the caterpillar



Down the kangaroo's body curl his tail and leg



Down and under the umbrella, up to the top and down to the puddle



Down the back, over the top and to the heel



Down the stem and draw the leaves

My Sound Mat



Slide into the egg, go over the top, then under the egg



Down the long leg



Down the horse's head to his hooves and over his back



sh says the horse to the hissing snake



Down his back then curl over his arm



Down his body curl and dot



Down the wing up the wing



Down a horn, up a horn and under the girl's head



Down up, down up



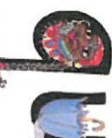
The princess in the tower is saved by the horse, thank you!



Zig, zag, zig



The horse sneezes when the caterpillars hairs get up his nose ch-ch-ch



The queen never goes out without her umbrella



Down the arm and leg, repeat the other side



Thing on a string

My Sound Mat



I think I sink



May I play?



What can you see?



Fly high



Blow the snow



Poo at the zoo



Look at a book



Start the car



Shut the door



That's not fair



Whirl and twirl



Shout it out



Toy from a boy



Cup of tea



Spot the boy

My Sound Mat



Make a cake



Nice smile



Phone home



Huge brute



Yawn at dawn



Nurse with a purse



A better letter



Brown cow



Snail in the rain



Goat in a boat



Chew and stew



Fire fire



Hear with your ear



Sure as pure



Care and share

Red Words

the
to
I
go
so
no

Red Words

of
all
are
her
was
they

Red Words

want
some
come
where
there
when

Red Words

he
she
we
me
be
you

Red Words

my
do
said
your
have
like

Red Words

what
by
why
does
now
who

to

so

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no

I

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Ten Frame Mat

Ten Frame Mat

