

## **J is for jumping and the jumping Bean Game**

This is a wonderful physical activity that all age children can become involved in.

You will need plenty of space.

Before you begin explain to the children what each bean action involves see below..

Runner Beans - children run

Jumping Beans - children jump on the spot

Kidney Beans - children hop around holding onto a knee

Baked Beans - children lay flat on their backs as if they are baking in the sun

Broad Beans - children move around making broad shapes with their bodies

String Beans - children move around making skinny, string-like shapes with their bodies

Chilli Beans - children act as if they are chilly

To begin ask the children to run around the shout an action "jumping bean" the children should now all be jumping. Congratulate your child for performing the correct action and instruct them to begin running again, repeat the process again shouting different actions.

Allow your children to silly as this is a fun game, that promotes listening and attention skills.

Have fun jumping beans.....