

To have fun, get active and develop those all important FUNDamental Movement Skills like; Running, Jumping, Skipping, Hopping, Crawling...And more!

Bean Game

To warm our bodies up ready for exercise

Warm Up

[\[Recap Last Lesson\]](#)

 The Adult has a list of beans (See Attached Beans Game Sheet) for instructions.

 You can take part in this game alone or with an adult.

 What Beans or actions can you create? Show Me? Show Others?

1) FUNDamental Movement Skills Dice

Children download, print and make your dice.

Main Activity

2) Balancing Bean Bags

Children to balance object on different body parts

 Can you roll your dice and perform the movement it lands on?

 Can you roll your dice faster and faster?

 Can you roll your dice to challenge your family members?

 Can you perform any other movement skills like; Catching, Throwing etc?

 Sing Head, Shoulders, Knees & Toes with the children, children touch the part of the body in the song.

 Continue through the song a second time missing out the word 'head' and say 'mmm' instead.

 The third time around miss out the word 'head' and shoulders'. Carry on repeating the song missing out another body part each time.

 Make the game more challenging by increasing the speed. Carry on until all of the body parts are replaced by 'mmms'.

Easier

Differentiation

Harder

 1) Perform movements slow at first

 2) Use two hands to balance if struggling

 2) Move slower when travelling and balancing

 1) Can you create some really challenging movements?

 2) Can they balance more than one bean bag at a time on the same or different body parts

 2) Can they move faster whilst balancing the beanbags

Teaching Points

 Perform movement skills slow first and then fast after

 How can you make your movements smoother?

 How might you perform your movements quietly?

 Can you think of your own game using your new Movement Dice?

Bean Challenges

Starting jogging around the room and when your parent, friend or sibling calls out a type of bean, the children move around like the bean.

Frozen Beans:
Stand still



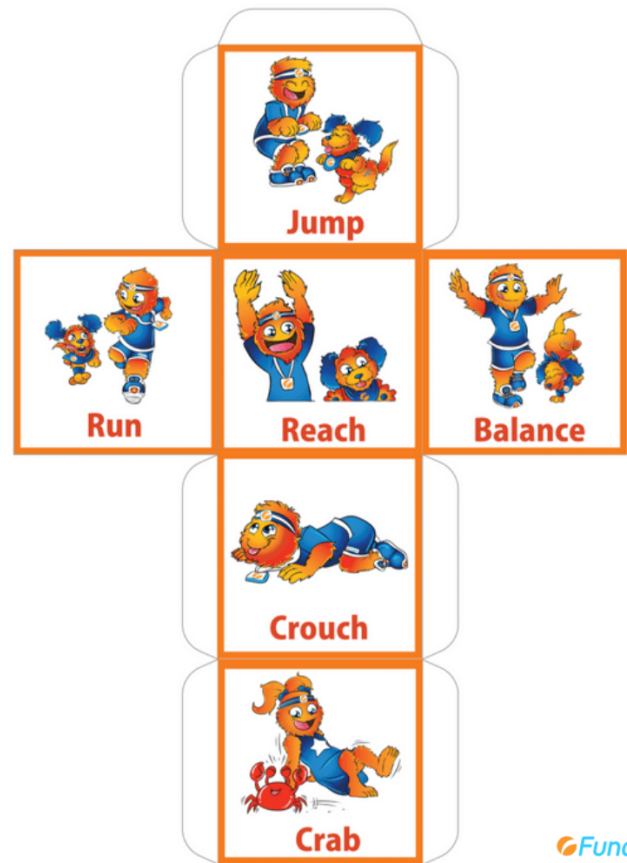
Runner Beans:
Run on the spot

Chilli Beans:
Shiver & shake on the spot



Broad Beans:
Freeze in a wide shape

Jumping Beans:
Bunny Jump on the spot



Funda

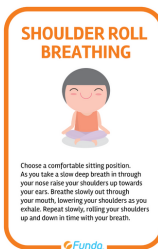
Breathing Exercises & Cards

Mindfulness, Wellbeing & Positivity

Cool Down

✓ Use your Breathing Exercise Cards (CLICK HERE)

✓ Follow the videos of Educator Jake (CLICK HERE)



Notes

Plenary

- ✓ What large body parts have we used today?
- ✓ What movements have you performed today?
- ✓ How did it make you feel when moving and exercising?
- ✓ What game did you like the best?



Resources

www.FUNDAactive.com

Movement Dice



Jump



Run



Reach



Balance



Crouch



Crab

Bean Challenges

Starting jogging around the room and when your parent, friend or sibling calls out a type of bean, the children move around like the bean.

Frozen Beans:
Stand still



Runner Beans:
Run on the spot

Chilli Beans:
Shiver & shake on the spot



Broad Beans:
Freeze in a wide shape

Jumping Beans:
Bunny Jump on the spot





CAN YOU BALANCE LIKE FUNDA?

Cut the spinner out below, and ask for help to push a pencil through the middle.

Spin the spinner. Whatever number it lands on try and perform a balance with only that number of body parts touching the floor.



BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.



SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.



BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start – that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.



BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

