1) The children should begin by walking around the room in any direction.

2) On the various commands listed below, they should carry out the appropriate action:

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| 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! |
| BLACK-EYED BEANS | Stand on the spot with one hand over one eye. |
| 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 |
| DOUBLE BAKED BEANS ON TOAST | Two sets of partners join together and lay on the floor |
| BABY BEAN | Lie on the floor in the ‘foetal’ position. |
| BEAN PIE | Children should all run together to form a group. |
| The children arrange themselves into groups of four, three of them create arches with their body and the other crawls underneath them. |
| BEANY BABY | Walk around the room, crying like a baby or be like a bean bag! |
| FRENCH BEANS | Strike a pose and shout “Bonjour!” |
| BACK TO BACK BEAN | Find a partner and stand back to back until the next command. |
| SEAN BEAN | Based on the well known actor and Sheffield United fan. The children stand with their hands in the air – celebrating a goal and shouting the well known sheffield united exclamation : “C’mon you red and white wizzaarrrrrrrddddsssssssss!!!!!!!!!” |
| Pretend to play the character “Sharpe”, or playing football. |
| 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 Chillie Con Carne! |
| OR Make a Kidney shape on the floor |
| BUTTER BEANS | Slide around on bottom (indoors) |
| OR Make a cuboid shape |
| HUMAN BEANS | Running on the spot (i.e. we humans dash about and get nowhere fast!!!!) |
| SANTA’s BEEN | Walk about wobbling your tummy saying “Ho,Ho, Ho”. |
| FULL OF BEANS | Dance around really energetically! |
| WHERE’VE YOU BEAN? | Puzzled expression, with hand over eyebrows peering into the distance. |
| 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 |
| BEAN THERE, DONE THAT! | Children walk haughtily with noses in air, waving one hand |
| JELLY BELLY BEAN | Students lay on floor on their bellies and wiggle. |
| NOT A BEAN | Wandering around the room looking sad |
| OLD BEAN | Walk round slowly like an old person. |
| TINNED BEANS | Children get into small groups |
| BEAN HURT | Children rub their knee etc. as if they have been pushed off a swing!! |
| FLAT BEANS | You can use this at the end of the activity the children lie flat on their backs. |
| BEANSTALK | Children could start crouched on the floor and grow up slowly until they are straight and tall like the beanstalk in ‘Jack and the Beanstalk’. |
| OR children run up the bean stalk when you shout GIANT they climb back down and chop the beanstalk down. |
| 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. |
| BEANIE | Children crouch down on haunches, wrap arms around knees, and bounce on balls of their feet. |
| GREEN BEANS | Children stretch themselves very tall in a space. |
| MICROWAVE BEANS | Children run around, touching the floor, and jump up (with a PING!) into a star shape. |
| MEAN BEAN | Stomp around the floor looking mean and moody. |
| LEAN BEAN | Children get into pairs, and lean back to back supporting each others weight. |
| BEAN HAD | Children roll around the floor pretending to laugh. |
| TOOTHBRUSH BEAN | Walk around the room, pretending to brush your teeth. |
| LAUGHING BEAN | Children walk around the room laughing! |
| CRYING BEAN | Children walk around the room crying! |
| SAD BEAN | Children walk around the room pretending to be sad! |
| HAPPY BEAN | Children walk around the room pretending to be happy! |
| SPRING BEAN | Children start in crouching position and then spring up suddenly towards the sky! |
| CHICKEN BEAN | Children crouch and scratch around like chickens with their arms folded in as wings. Chicken noises could be made. |
| LEMUR BEAN | Children put their hands as though they are paws in front of their chests and look around eagerly like a Lemur! |
| THREE BEAN SALAD | Children get into threes, one on the bottom sitting on the floor, the next on their lap, the final one on the middle ones lap. |
| BEAN BAG | Children get into pairs. One sits on the floor, the other on their lap |
| Pretend to be a bean bag, being thrown between two people. |
| A child would inflate as a beanbag by breathing in deeply through nose and exhaling through their mouth. |
| BOGGIS, BUNCE AND BEAN | After reading Fantastic Mr Fox, a year 3 child suggested: ‘Boggis, Bunce and Bean’ – Children get into 3s, and each pretends to be one of the three farmers (one fat, one short, one lean (all mean)). |
| SUPER BEAN | Children freeze and make a suitable sound like Superman. |
| BEAN CASSEROLE | Children all join hands, or have a group hug! |
| WAX BEANS | Children strike a pose and hold it like they are made out of wax. |
| SNAP BEANS | Children snap their fingers. |
| HILL OF BEANS | “Hill of Beans” as we old timers used to say in reference to something not mattering very much as “It doesn`t amount to a Hill of Beans.” The children could do the Mountain Climbing exercise (Get on your hands and one foot with the other foot stretched back and switch legs several times). |
| BEANO | Children could walk around pretending to be devious and looking naughty! |
| COWBOY BEAN | Children hold hand in air as if they are lassoing a cow. The children call “ye how”!!!! |
| BEANOCULARS | Lie on floor with a partner side by side and roll towards and away from each other. |

Give out SPEED POINTS throughout for the best BEANS.

S Sportsmanship

P Progression

E Enthusiasm

E Engagement

D Discipline

If you have stickers use them to give to the best BEANS