



Loving Learning Through Creativity:

Dance with Claire Pring Beans

Ask the children to find a space and run on the spot – explain that this is the action you want to see if you call out ‘Runner Beans’.

Introduce a range of other ‘bean’ ideas & their associated actions, e.g.

Jumping beans = jumping on the spot

Broad beans = wide shape

String beans = tall, thin shape

Jelly beans = wobbling action

Chilli beans = shivering

Baked beans = lying on the floor in a wide shape

French beans = call out – ‘Ooh La! La!’

Kidney beans = curved shape

Call out the actions in a random order – for an effective warm up include a range of levels & a mixture of aerobic actions & stretches.

Now ask the children select 4 ‘bean actions’ of their choice & decide upon an order for them, e.g.

1 – jumping, 2 – string, 3 – kidney, 4 – baked

Ask them to decide how long they will perform each action before moving on to the next.

Encourage a range of responses, e.g. running could be shown by fingers running on the floor.

Once the children have mastered their sequence, ask them to see if they can ~

Make their first action faster

Change the direction of their second action

Change the level of their third action

Make their final action stronger or softer

Generally it is best to introduce these one at a time.

To add more challenge you can ask the students to decide for themselves which alteration they will apply to which movement, apply more than one change to each action, think about how they will transition from one action to the next – to decrease the challenge ask them to simply change the direction for each action or add a pause between each action.

If you want to take this further they could...

Adopt a move – watch the sequence performance by someone else & select one of their moves & add it to yours.

Question & Answer - face a partner and take turns in performing a move.

Accumulator – ask one person to start – as they move onto their second move another person begins their sequence. Continue until everyone has completed their ‘bean’ dance.