

You will each need a beanbag for this activity.
Listen to the following vegetable commands:

Runner beans = Jog around the space.

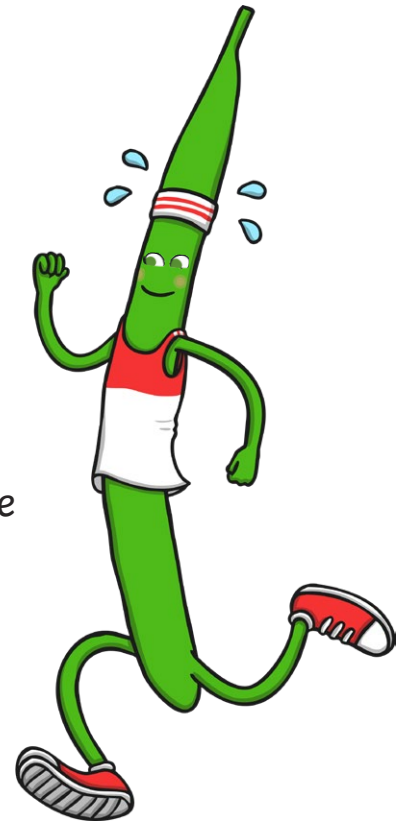
Frozen beans = Stop moving and freeze.

Frozen runner beans = Jog on the spot with your knees high.

Hot potato = Stop and swap your beanbag with the person closest to you and then carry on jogging.

Spring onions = Leap in the air.

Spinach = Show off your Popeye muscles.



Balance a beanbag on different Parts of your body:

- Head
- Knee
- Foot
- Shoulder
- Outstretched arm
- Outstretched leg
- Back

