

## Jack and the Beanstalk - Section 2:

Read Jack and the Beanstalk - Section 2 with your child.



**10**

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### The Giant is coming:

Ask your child to travel around the teaching space. When you say 'the Giant is coming!', they must stop and freeze still so that that Giant doesn't see them.

When you say 'the Giant has gone', they begin moving again.

Change the travelling action to include jogging, skipping, jumping, hopping etc. [Move into space away from others.](#)

[Listen carefully to the instructions.](#)

### Shape stretches:



Stand in a straight shape, as straight and tall as the beanstalk. Can they reach up as tall as possible and then slowly curl down towards the floor and touch their toes.

[Keep your knees straight, bend down as far as possible.](#) Make this harder by asking them to touch their nose to their knees or place their hands flat on the floor.



Stand in a wide star shape, as wide as the beanstalk. Keeping both arms straight, can they bend down to one side to touch their foot. Right hand to right foot. Then, stand back up straight and repeat, leaning towards the left, touching left hand to left foot.



Sit in a wide pike shape, as wide as the branches on the beanstalk. Stretch arms up to the sky, then curl down towards the toes. [Keep your knees straight. Sit with a straight back.](#) Make this harder by asking the children to touch their nose to their knees.



Sit with their legs apart in a straddle shape. Imagine that your arms and legs are the roots of the beanstalk. Reach down towards one foot and hold. Sit back up, then reach down to the other foot and hold. [Make this harder by asking the children to reach for both feet and place their chest to the floor.](#)

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# Skill Development

## Balancing stations:

Set up stations of apparatus to allow your child to practise balancing. Allow them a few minutes at each station before rotating around. Place base stations down at different points at each station. Explain that when they come to a base station, they must stop and hold a balance for the count of five. Imagine that the Giant is approaching and they need to keep very still so that the Giant doesn't see them. Demonstrate interesting ideas. **Hold balances for 5 seconds. Squeeze your muscles to help you to stay still. Make this harder by asking them to balance on a different body part each time.**

Stations at school could include the following but please just use what you have around you, making sure it is safe. You may be able to do a lot of this outside in the garden or the park:



The path to the big, beautiful castle: benches (garden bench or you could just do this on the floor) which the children could crawl or walk along. **Make this harder by asking your child to travel in different directions.**



Jack climbing out of the saucepan: benches attached to agility tables (or go outside and walk along fallen tree trunks and jump off) which the children can travel up then jump off. **Explore travelling in different ways e.g. crawling, sliding on back. Bend your knees on landing.**



Balancing along the saucepan handle: upturned benches allowing them to walk along the middle beam. **Travel slowly. Make this easier by using an adult to hold the hand of the child walking across.**



Step across the golden eggs: hoops which they can use as stepping stones to get from one side to another. **Make this harder by placing the hoops further apart.**



Balance down the branches of the beanstalk: walk along skipping ropes placed on the floor. **Hold your arms out to help you to balance. Make this harder by asking them to travel sideways or backwards along the skipping ropes.**

## Extension task: don't forget the hen:

Give your child a beanbag/beanie toy (hen) and ask them to balance it somewhere on their body. Can they make it across their station without the hen falling off? **Make this easier by using quoits instead of bean bags**



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# Plenary

What made your balance look good?

Were you able to balance on different body parts?

What did you do to help you to balance?