

SPIDER-MAN AGILITY TRAINING



Magic Beans

You will need - Whole class, large space.

Areas of Learning
Language
Literacy
Communication
Physical Development

Actions

- Broad beans**: Stand with legs apart and arms out to the side.
- Stick beans**: Stand tall with arms at sides.
- Baked beans**: Sit down with feet off the ground.
- Runner beans**: Run around.
- Jumping beans**: Jump.
- Frozen beans**: Freeze (stay still).
- Chilli beans**: Shiver.
- Jelly beans**: Wobble.
- Magic beans**: Run around (avoid getting caught).

What you do
After a warm-up session, introduce the game "Magic Beans" and explain/demonstrate the different actions. When you shout "Magic beans" you have to catch two children and they become your helpers. The game continues until there's one boy and girl left.



Sports challenges:

- > Bottle Flip: Who can flip their bottle as many times in 1 minute.
 - > Running race: Who's the fastest in your house?
 - > Egg and spoon race
 - > Sock Dribble: Scrunch up three socks to make a ball. Dribble the ball in between 5 items. Who's the quickest?
 - > Speed Bounce: Jump either side of an item as many times as you can in 2 minutes.
 - > Toilet roll holder: Balance the toilet roll tube on your head and see how far you can balance it.
 - > Hopping race
 - > Under and Over: Balance a stick between two items just below hip height. How many times can you go over and under it in 2 minutes?
 - > Wall sit
 - > Water balloon catch
- > Who can get the highest score for throwing and catching a ball? Try some scrunched up paper if you don't have a ball.

Now and Then

Age 7 to 11 ★★

UKS2 Maths

In 1908 the Olympic Games were held in London, that's just over 100 years ago. Then, just after World War 2 they were again in London in 1948.

Here are the results from some track events;

1908	1948
100 metres 10.8 secs	100 metres 10.3 secs
200 metres 22.6 secs	200 metres 21.1 secs
400 metres 50.0 secs	400 metres 46.2 secs
800 metres 112 secs	800 metres 109 secs
1500 metres 240 secs	1500 metres 229 secs

The 2012 London Olympics were another 64 years later. How did the results differ? Could you have predicted the results? Perhaps more importantly, what's the reason for your answer?

What about the results for 2016, what would you predict?

Creative Ideas



Ideas linked to Science

<https://www.eatsamazing.co.uk/fun-food-for-kids/creative-food-tutorials/traffic-light-fruit-smoothie-recipe>

