



LET'S GET ACTIVE WITH BARRY'S BEAN DANCE..



Our food superheroes want to get your body moving and raise your heart beat with Barry Beans. Exercise is important for our health and can help our hearts, muscles and bones. Don't forget we need to do 60 minutes of exercise a day!

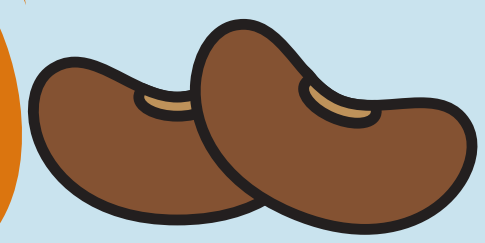
Runner Bean
Sprint on the spot as quickly as possible



Broad Bean
Stretch out your arms and legs as wide as you can



Jumping Bean
Start jumping and DON'T STOP



Beans on Toast
Lie on the floor with your arms spread out wide



To get started:
Ask someone at home to read out Barry Bean's dance moves. Find a space where you won't bang into anything. Then get moving!



- Our fun bean facts:
- 1 Beans can count towards your five a day - but only one portion
 - 2 Beans are a great source of protein
 - 3 Beans have lots of fibre which is good for our digestive system
 - 4 Beans come from the legume family
 - 5 Most beans are stored dried or canned - so they last longer

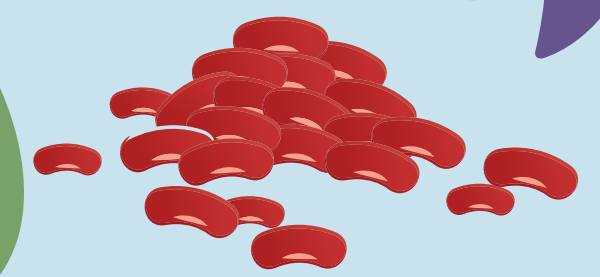
Chilli Bean
Shiver and shake... our chilli bean is very chilly



Kidney Bean
Freeze and bend into a C shape



String Bean
Stand on the spot and make yourself as LONG AS POSSIBLE - just like a piece of string



French Bean
Strike a pose and SHOUT 'Bonjour'



Curriculum Links
PE
PSHE