

# COME AND BE NUTZ WITH US



In need of some ideas for constructive, physical activities that can promote gross motor skill development and keep your children fit and healthy? HealthNutz (a Sports Science Institute of South Africa Community Health Intervention Programme) is here to help. Follow this activity sheet for a fun-filled and educational session!

## WHAT YOU WILL NEED

- Dry beans
- Containers or jars
- A pack of playing cards (if you don't have a pack, you can cut cards from normal A4 paper and write numbers on them from one to ten. Also draw a jack, queen and king as well as a joker. Make two sets. The kids can help).

## NUMBER OF KIDS AND TIME REQUIRED

- 2 - 8 children
- Between 20 and 30 minutes.

## GROSS MOTOR AND COGNITIVE SKILLS

- Fitness, numbers and counting, fine motor skills

## ACTIVITY #3



## How to play JACK AND THE BEANSTALK

- Today we are taking the kids into the world of Jack and the Beanstalk. Ask them if they know the story and either read it or recount it to them quickly. Now tell them that today they will enter the world of the giant with some fun activities, but that you first have to warm up.
- Ask them to stand with their feet some width apart and then to jump as high as they can with the fingers stretched to the sky to wave at the giant. Repeat X4.
- Place the pack of playing cards face down on the floor on one side of the room, place two containers with dry beans in the middle of the room and two empty containers/jars on the other side of the room.
- If there are more than two (2) children, split them into two teams.
- Tell the children that they need to see how many beans they can collect in order to grow a beanstalk to reach the castle in the sky. They must start by turning over one card and reading the card. If there is a number on the card, they can run to the jar with beans where they should take out the number of beans that are on the card. They must then run to the empty jar and place the beans in there, before running back to the start and letting the next team member do the same. If you only have two children participating, let them repeat the activity three times.
- But, if the child picks up a card with the jack, queen, or king, they must run straight to their jar and remove five (5) beans and put them back in the jar in the middle. If a child picks up a joker card, they have to remove ten (10) beans.
- When the beans in the middle are finished (or after the amount of rounds you suggest), the teams or players can go to their jar and count the number of beans.

**For younger children:** Only include the cards with smaller numbers (under 10) and remove the jack, queen, king and joker cards. Have an older child or adult (if possible) help them to identify the numbers and count out the beans.