

Jack & the Beanstalk



Movement Objectives



Shape

Small curved bean shapes
Angular castle shapes

Action

Growing –
opening, stretching, unfolding
Climbing in different ways

Dynamics

Strong, heavy, angry Giants

Warm up

Ask the children to sit in a space with their imaginary books.

Mime reading them by turning the 'pages' and circle the books around the space in front of you. Place the book on the floor, stand up then jump into it.

Take the children on an adventure to find Jack's house. You could include actions such as...

- Searching gestures (hand on forehead, looking around)
- Marching and running on the spot
- Climbing over stiles
- Jumping over cow pats
- Skipping around the geese
- Listening to the harp music

Finish off with a stretch – make beanstalk shapes with arms stretching right up high, palms touching.

Right Here Right Now - Fat Boy Slim



Magic Beans

Carnival of the Animals: VII Aquarium - Saint-Saens



Discuss the story of Jack and the Beanstalk – what do they already know?

Make a bean shape with their finger and discuss the curved shape. Can they make a similar shape using their whole body?

Ask the children what beans / seeds need to grow (water and light). Get the children laying down again as beans and 'water' them by tapping gently along their backs. Put your hands and feet on the floor and lean over the children (in a downward dog shape) and smile at each child – this is their sunshine. Then the children can start growing into long tall thin beanstalk shapes.

Repeat this activity but in pairs. Take it in turns to be the water / sun and the bean growing.

Beanstalks

Man With a Movie Camera - The Cinematic Orchestra



Lay out a piece of lining paper (plain wallpaper from somewhere like B and Q) and stick it to the floor with masking tape. Hand out coloured crayons to the children and ask them to help draw the beanstalk on the paper by adding on the leaves and colouring the stalk in.

Once the crayons have been put safely away, ask the children to 'climb' the beanstalk by crawling up the paper. Encourage them to travel in interesting ways by using different parts of their bodies and facing in different directions to get to the top. Split the class into two and take it in turns to watch each other climb – who had really interesting ways to get up the beanstalk?

Castles

Get the children into two lines – opposite each other in a corridor. Ask the children to join hands with the person opposite them to represent the castle at the top of the beanstalk. Take it in turns to go through the castle – once they get to the end, the children can join the rest of the group to continue making the castle shape.

Keep the children with the person opposite and ask each pair to get into a space. One person makes a castle shape with their body; for example a tall pointy turret shape or an arc shape like a drawbridge. The person making the shape needs to make sure they have a gap underneath them so their partner can crawl through like Jack entering the castle. Swap over.

Choreography

Giants

Montagues and Capulets - Prokofiev



Improvise actions that represent the Giant in the story, for example...

- Big heavy stomping feet
- Grinding fist into the palm of the opposite hand
- Hand on forehead searching for little children
- Arms on hips, staring out and saying 'Fe Fi Fo Fum'

Work on the facial expressions of the children too – mean, angry faces.

In pairs, create a Giant duet: select 3-4 Giant actions (either ones from the improvisations or new moves). Put them into an order and rehearse so they can remember the choreography.

Performance Opportunity

Join each pair with another (so there are 4 children in each group). Share the giant duets with each other – ask one pair to perform to the other and then swap over.

Create a quintet in the groups of 4...

One pair are the Giants, the other pair are both Jack.

- Pair 1: Jack creeps into the castle (using the ideas from earlier on in the session)
- Pair 2: the Giants perform their duet
- Pair 1: pretend to be some of the Giant's ginormous furniture so they can't be caught

Appreciation

Watch the quartets back and discuss them afterwards. Which children looked like scary mean giants? Who had big heavy movements? Which Jacks were good at creeping into and around the castle? Who worked well as a group?

Piano Sonata No.14 in C Sharp Minor - Beethoven



Cool Down ↓

Ask the children to become the Giant once more, stomping around the room. Jack has stolen all the Giants possessions – follow him! Start to climb down the beanstalk and then start falling down towards the ground once the beanstalk has been chopped down. Slow the falling down until they are moving in slow motion. Gently land on the floor and rest lying down.

Count to 3 and ask them to sit up again, now as children!