



OFF TO THE SUPERMARKET

Today's Seriously Fun Adventure...

Today we are going to the supermarket with Fast Freddie. We will dash around the supermarket quickly to get all of the things Freddie needs, and to help Freddie put everything back on the right shelf – be quick, because Fast Freddie doesn't like to waste time! Watch out for the Grumpy Grizzly bear, who will try to stop us from helping Freddie.

Freddie's favourite food is beans. He likes all kinds of beans! So we will practise making different shapes with our bodies like the different beans – runner beans, baked beans, jumping beans, broad beans and jelly beans!

The Grumpy Grizzly is naughty and he will spill food on the floor, blocking the way. Freddie needs us to help him clear the way so that we can all get past with our supermarket trolleys. Can we help save the day?