

## BODY SHAPES

**TYPE OF ACTIVITY:** Math

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

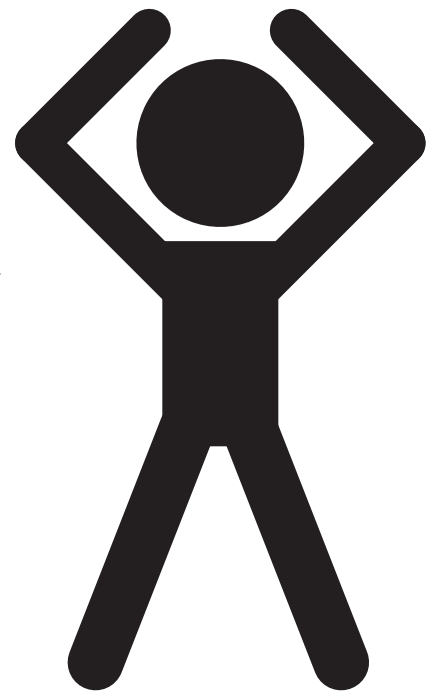
- › Children will practice matching by moving their bodies to shapes on cards.
- › Children will practice gross motor skills by moving their bodies through a sequence of shapes.

### MATERIALS:

- › Body shape cards (see templates)

### PROCEDURE:

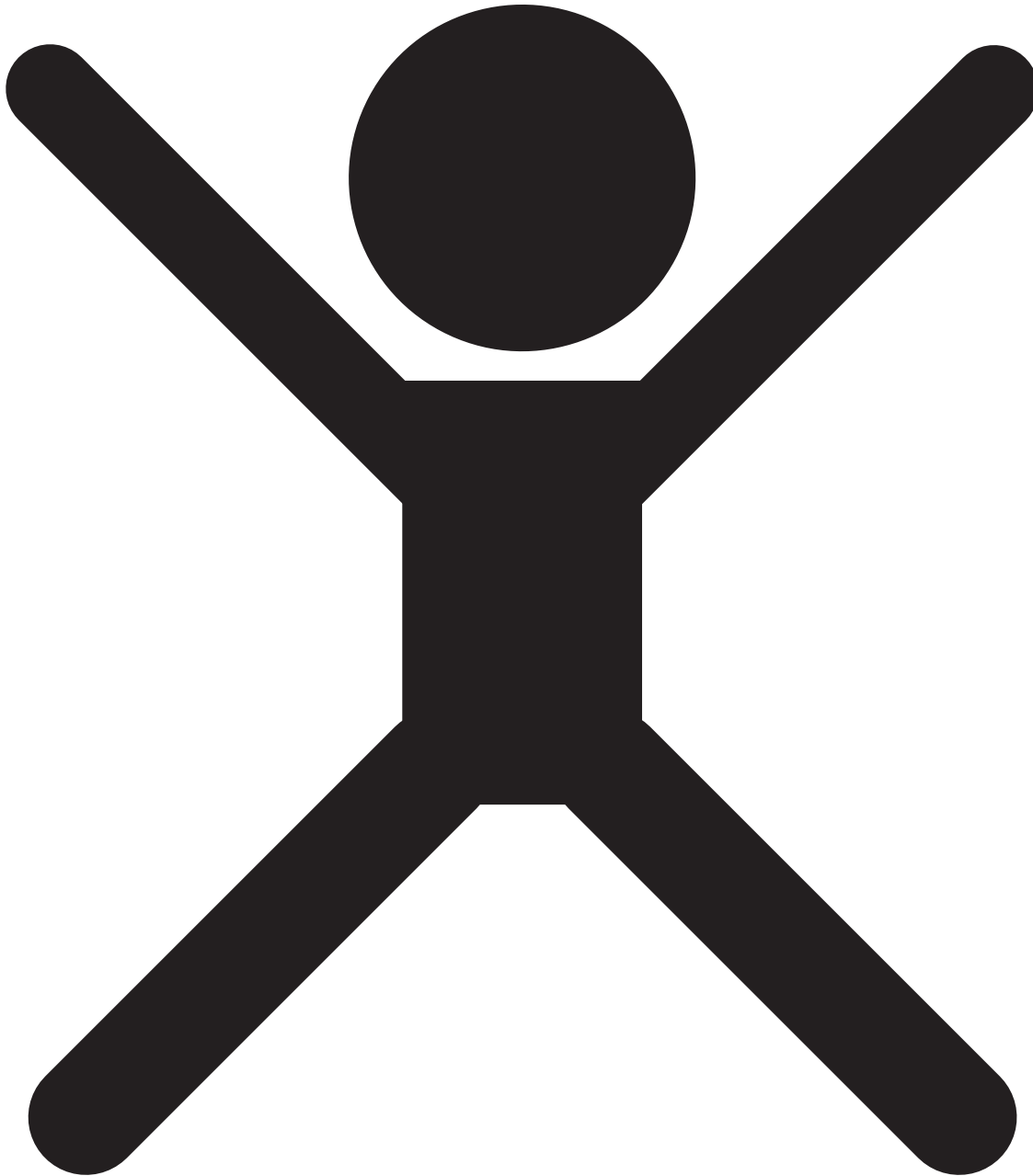
1. Talk with children about the importance of moving their bodies to keep themselves healthy. Help children list examples of physical activities they like to do.
2. Hold up a body shape card. Encourage children to move their bodies into positions that match the shape on the card. Talk about the shapes their bodies make. Suggested phrases:
  - a. *Your arms are above your head. Does that match the picture on the card?*
  - b. *The feet in this picture are spread wide apart. They look like the sides of a triangle.*
3. Go through each card slowly, and have children copy each shape with their bodies. Repeat shapes as needed until children can make them easily.
4. Shuffle the cards, and tell children you are going to see how quickly they can make the shapes. Go through the cards quickly, and encourage children to follow along. As children become better at making the shapes, change the cards more quickly.



### ADAPTATIONS/EXTENSIONS:

**Outdoor activity:** Encourage children to think of new ways to move their bodies. Ask one child to demonstrate a shape, and have the other children copy that shape. Repeat with other children as leader.

**Social skills:** Have children find a partner (or two), and come up with a creative shape using their bodies together. Encourage other groups of children to copy that shape.



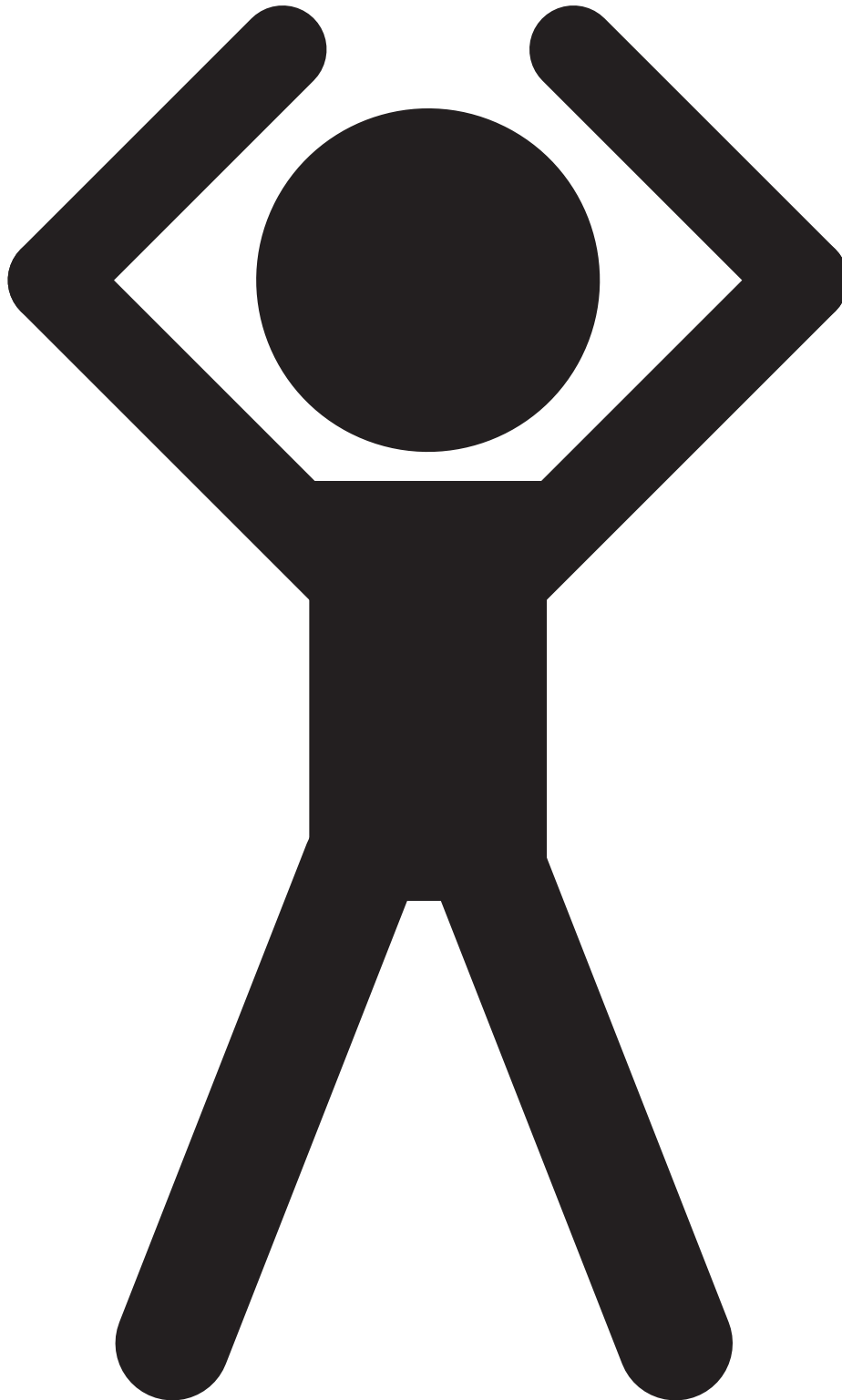
## Day 12: Be Physically Active

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)



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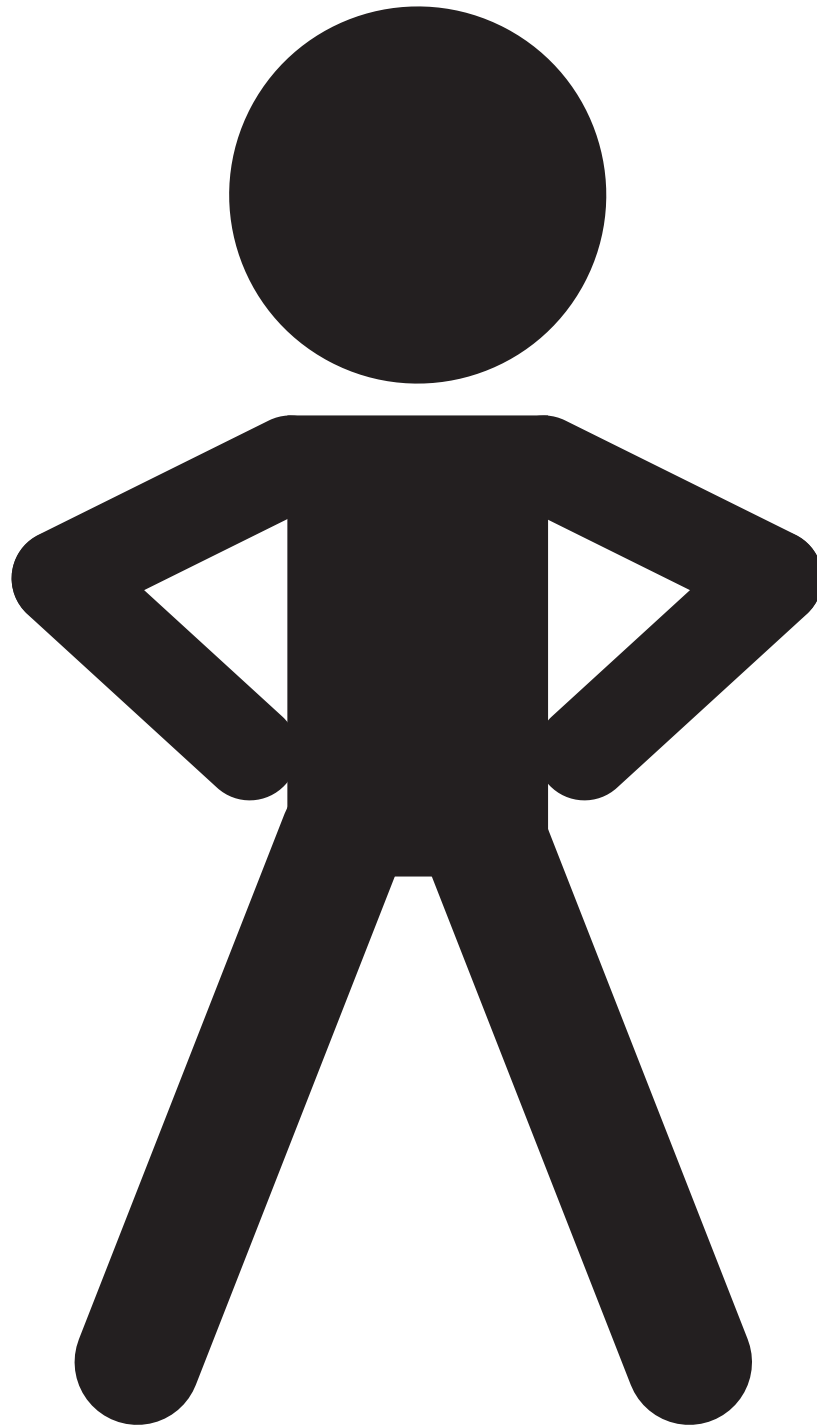
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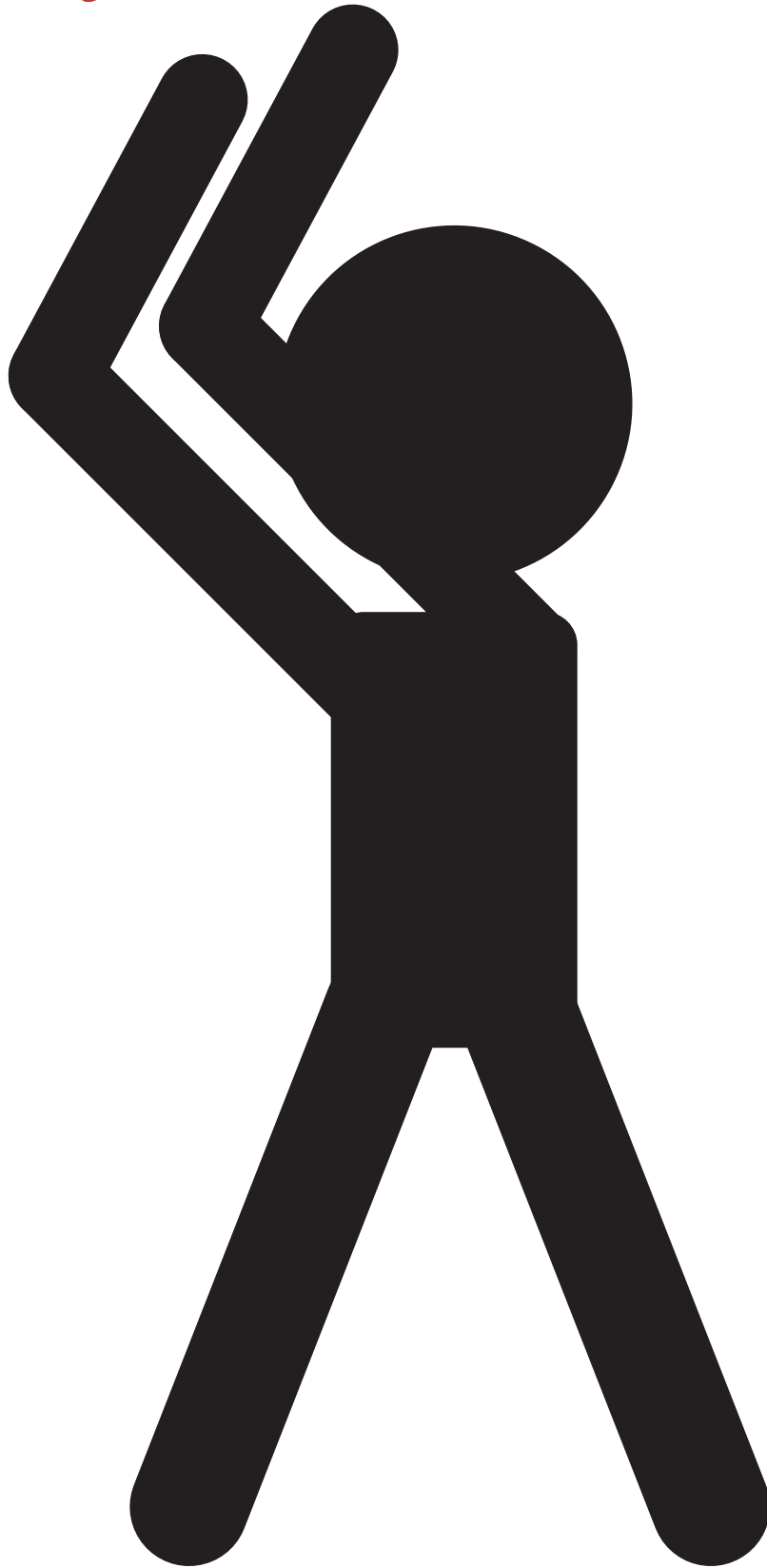
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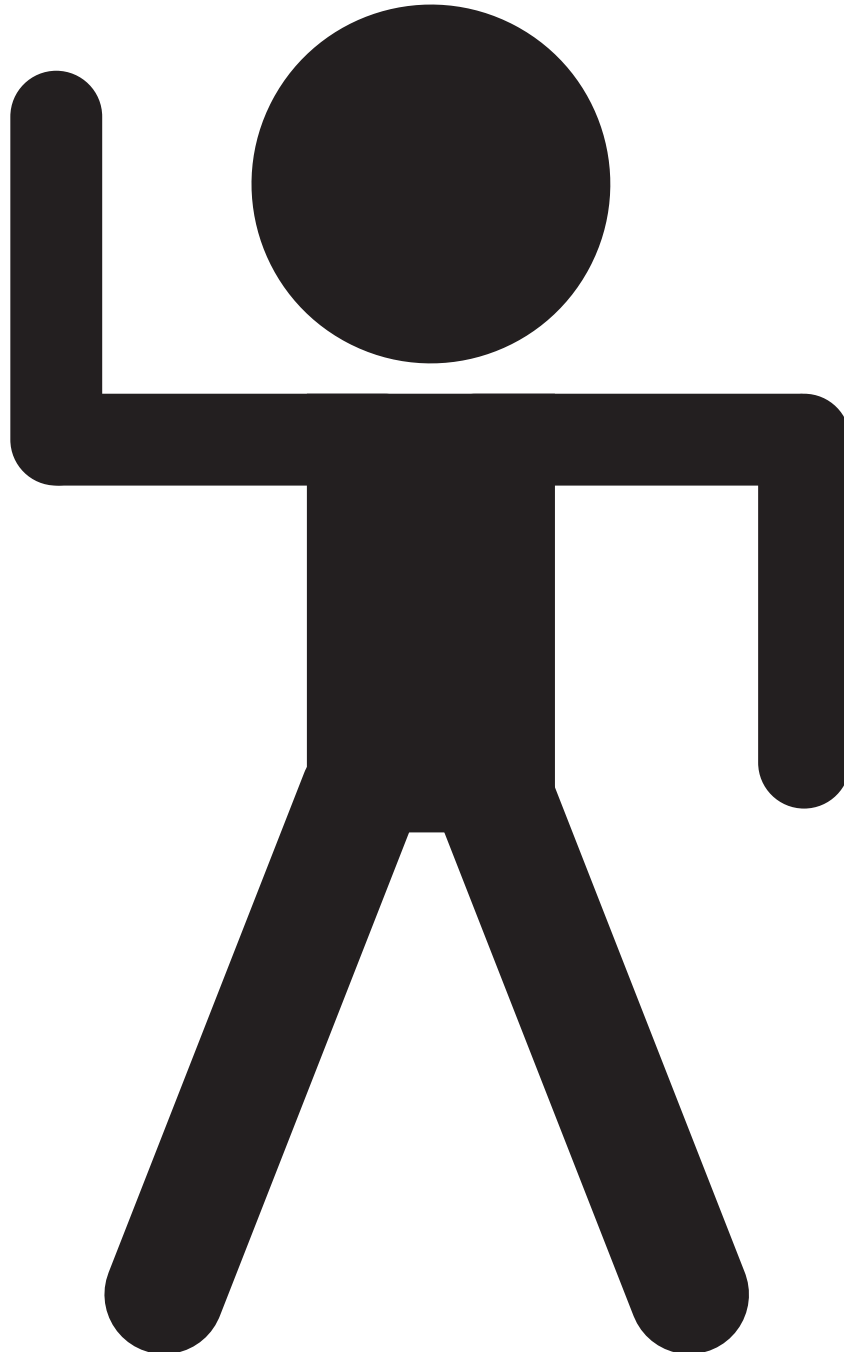
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