

# Shape Stretch - Levels C & D

STAY ACTIVE

Encourage body awareness, balance, and creativity through exploring shapes with the body.



## Learning Intentions

Explore different body positions:

Students aim to use their bodies to make simple shapes.

Foster creativity and confidence:

Students look to experiment with making shapes independently or with partners.

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## Success Criteria

Students can copy at least two teacher-led shapes.

Students attempt to create their own body shape.

Students can show enjoyment and effort during the activity.



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**Duration:** 5 minutes

## Objective

Encourage body awareness, balance, and creativity through exploring shapes with the body.

## Players

- Whole class or small groups.

## Materials

- None required.
- Optional: Shape picture cards for visual support (found in PDF resources tab).

## Setup

- Students spread out safely in the space.
- Teacher explains that they will use their bodies to make shapes.
- Demonstrate and practise a few examples before starting.

## Gameplay

### 1. Teacher-Led Shapes

- Teacher calls out a shape:
  - **Circle** = arms round
  - **Triangle** = arms up
  - **Star** = arms and legs wide
  - **Line** = stand tall
- Students copy and hold the pose for a count of 3–5 seconds.

### 2. Group/Partner Shapes

- Students pair up to make bigger shapes (e.g., two students together make a triangle or a square).

### 3. Create Your Own Shape

- Invite students to invent a new shape and share with the group (you could include letters and numbers here too).

## Debrief / Reflection

Ask students:

- “Which shape was easiest? Hardest?”
- “How did you feel when you made your own shape?”
- “How did it feel making a shape with a partner?”

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### Variations

- **Alphabet Edition:** Students make the shapes of letters rather than shapes.
- **Fitness Edition:** Add movement before freezing into shapes (e.g., jump, then freeze in star pose).
- **Teamwork Edition:** Groups combine to form giant shapes together.

### For Wheelchair Users / Accessibility

- Shapes can be made with arms, hands, or head positions.
- Circles = arms curved, Star = arms wide, Line = sit tall.
- Partner/group shapes adapted to seated versions.

### Notes for Inclusion

- Encourage all efforts—focus on fun, not accuracy.
- Provide visual prompts or modelling for students who need extra support.
- Allow creativity—students can choose how to represent shapes in ways that feel comfortable.



# VISUAL CARDS

PRINT AND CUT OUT THE SHAPE CARDS FOR STUDENTS TO COPY. BEGIN BY MODELLING A FEW SIMPLE SHAPES, THEN CALL OUT OR HOLD UP A CARD FOR STUDENTS TO CREATE WITH THEIR BODIES.



CIRCLE = ARMS  
ROUND



TRIANGLE = ARMS  
UP



STAR = ARMS AND  
LEGS WIDE



LINE = STAND TALL



# VISUAL CARDS

