

# Shape Stretch - Levels F-3

STAY  
ACTIVE

Encourage creativity, teamwork, and confidence by exploring body shapes and group poses.



## Learning Intentions

**Explore complex shapes and balance:**

Students aim to experiment with holding shapes that require balance and strength.

**Work together to create shapes:**

Students work to collaborate in pairs or groups to form larger body shapes.

**Build confidence and imagination:**

Students aim to design their own shapes and share them with others.



## Success Criteria

Students can copy teacher-led and peer-led shapes.

Students contribute to creating at least one pair or group shape.

Students design and perform their own shape with confidence.

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**Duration: 5 minutes**

## Objective

Encourage creativity, teamwork, and confidence by exploring body shapes and group poses.

## Players

- Whole class, pairs, or small groups.

## Materials

- None required.
- Optional: Shape picture cards or posters for inspiration (found in PDF resource tab).

## Setup

- Students spread out with enough space to move safely.
- Teacher explains that they will use their bodies to make shapes on their own, with partners, and in groups.
- Warm up with a few simple shapes before starting.

## Gameplay

### 1. Teacher-Led Shapes

- Teacher calls out shapes for students to copy:
  - **Circle** = arms round, bodies curled
  - **Triangle** = arms up, bodies angled
  - **Star** = arms and legs wide
  - **Line** = stand tall or stretch long
- Hold each pose for 5–10 seconds.

### 2. Partner and Group Shapes

- Pairs or small groups combine to form bigger shapes (e.g., two students make a rectangle, a group makes a star).
- Encourage communication and teamwork to create safe and fun shapes.

### 3. Create Your Own Shape

- Students invent their own shape (alone or in groups).
- Shapes can be shared with the class for others to copy.



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## Debrief / Reflection

Ask students:

- “Which shape was most fun to make?”
- “How did working with a partner or group help you?”
- “What shape did you create that made you proud?”

## Variations

- **Alphabet Edition:** Students work in pairs to create different letter shapes.
- **Fitness Edition:** Add dynamic moves before freezing (e.g., jump, spin, squat).
- **Teamwork Edition:** Groups build a sequence of shapes and perform them like a mini routine or write out a word using their bodies to create the letters within the words.

## For Wheelchair Users / Accessibility

- Students can create shapes with arms, hands, or head movements.
- Pairs/groups can work together to include seated shapes in their creations.
- Allow all students to adapt shapes so everyone can participate equally.

## Notes for Inclusion

- Focus on creativity and effort, not perfection of shapes.
- Provide visual examples for students who need extra support.
- Encourage and celebrate each student's unique ideas, building confidence in participation.

# 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

