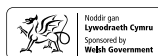As they apply their skills

Shape Shifting

Let's play

- 8 children in each garden
- 2 shape shifters, 6 holding a shape
- Shape shifters move around space working as hard as they can to tag shape holders
- Shape holders hold one shape and when tagged move to hold another shape until tagged again
- Change shape shifter regularly
- Work for a set period of time

Shape Shifting

Key words

Control, balance, coordination

Strength, stamina, suppleness

Clear shapes, sequence, fluency

Resources

Throw-down markers, pictures of shapes

Safety & Organisation

Ensure:
- surface is safe and free from obstructions
- children can relax when they cannot hold the shape any longer and join in again when they can

Opportunities to:

- use their creative skills with improving coordination and control
- show improved tension and clearer shapes
- develop stamina and strength
- sustain activity over appropriate periods of time
- develop sequencing

Questions

- How did you feel when you were the shape shifter?
- How did you feel when you were holding a shape?
- Why are these activities important for you to do regularly?
- How could you improve the way you move from one shape to another?

Changes to the activity

Change the:

Space
- play in a larger space to hold shape for longer, smaller space quick changes in shape

Task
- way the shape shifters move – run, walk, crawling soldier, crab, scorpion, foxes, bunnies, camel walking, frog hoping, pogo jumping. *See Module 1, 2 and 3 PESS Gymnastics.*
- shape held e.g. happy cat, angry cat, cup, saucer, sky diver, pike, straddle, dish, arch, front support, back support, side support, shoulder stand, etc. *See Module 1, 2 and 3 PESS Gymnastics.*

- way to move from one shape to another e.g. spin, roll, flip shape first before moving into next shape, perform a short sequence of actions before holding another shape
- amount of time the activity is played

Equipment
- to perform shapes on or with equipment

People
- number of shape shifters, shape holders, etc.