

Numbers shapes - Teacher Guide



- Feet forward
- Legs and arms straight
- Head up, looking forward
- Arms straight up, fingers together



- Balance on left leg
- Right leg bent, foot on inside of left leg
- Right hand on thigh
- Left arm out to the side like a tail of number 4



- Knees down, bottom slightly raised
- Back straight
- Hands on thighs
- Look forward



- On knees, bottom slightly raised
- Back slightly curved
- Arms forward, fingers pointing
- Head tucked down



- Bend knees and hips slightly
- Keep feet, knees and head in line
- Arms back
- Head slightly down

Numbers shapes - Teacher Guide



- Feet turned out
- Knees bent to create a gap
- Lean to one side with arms up
- Head dips between arms
- Fingers pointed



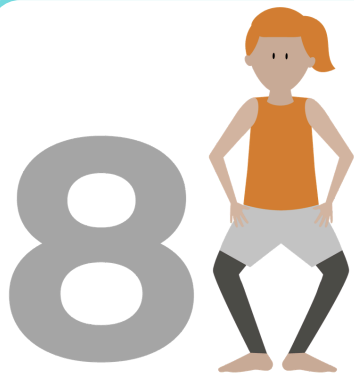
- Bend forward, chin to chest
- Head close to body
- Arms bent and tucked



- Stand tall
- Tuck chin to chest
- One arm reaches forward
- Other arm by side, palm flat



- Pupil A: Create number 1 shape
- Pupil B: Squat on feet
- Tuck head in
- Elbows close to body



- Feet turned out
- Knees bent to create a gap
- Hands on hips, elbows bent
- Head up, looking forward