

Numbers - Body Shapes



- Straight Body
- Feet straight forward
- Knees and elbows locked
- Head upright looking straight forward
- Hand and fingers together, by side of body, pointing down



- Balancing on the left leg, draw the right leg up, bent at the knee
- The right foot is pressed on the inside of the left leg to help with balance
- Place the right hand on their right thigh as low down as possible without bending their back
- Cock left wrist out to the side to create the tail of the number 4



- On knees with bottom raised up slightly to create a gap
- The back should be straight
- Place hands on thighs, not too far down causing back to bends
- Look straight forward



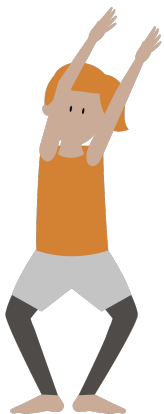
- On knees with bottom raised up slightly to create a gap
- The back should have a slight curve
- Bring arms in front of body pointing fingers
- Head tilted towards the ground and tucked between arms



- Bend knees and hips slightly
- Feet, knees and head should all be in line
- Extend arms backwards
- Angle head down

Numbers - Body Shapes

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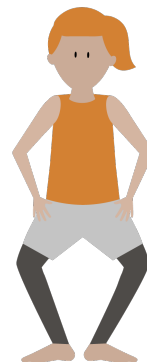
- In a standing position, turn your feet facing outwards
- Bend knees to create a gap
- Bring arms up and lean over to the left-hand side of the body
- Dip the head so it falls inside the arms
- Point fingers

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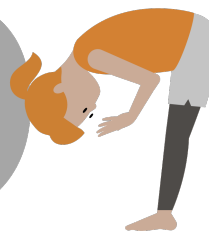
- Standing upright, tip head forward and try and tuck chin to chest
- Bring left arm up, pointing straight forward
- Hold left arm at the side with palms flat to the side of the body

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- In a standing position, turn feet facing outwards
- Bend knees to create a gap
- Place hands on hips, forcing elbows forward and in line with the front of the body
- Head up, facing forward

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- Bend forward tucking chin on chest
- Bring head in as close to the body as possible
- Bend arms and tuck in
- Place palms on the forehead to create a tucked position
- Legs should be straight with no bend at the knee

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- Compete in pairs Pupil a) Repeat steps for number 1 Pupil b)
- Taking weight on feet squat down
 - Tilt head over and tuck in
 - Bring elbows into body