



Today's Focus:

Mix and Match – use body shapes and poses to represent categories

Today's Learning goal:

Build thinking while moving by connecting body shapes to academic concepts.



Points
50 points



Duration:

15 mins
Morning activity or after any break



Space Required:

Any open classroom space, undercover area, or outdoors



Equipment:

None required
Optional: music for start/stop cue



Activity Type

Movement and problem-solving

Set the scene – prompting questions:

1. How can you use your body to show a noun or a verb?
2. What does a triangle feel like when you make it with your arms or legs?
3. Can moving in different shapes help you remember what they mean?
4. How can you show the difference between a number and a shape with your body?
5. Which category do you think will be the trickiest to show?

3. Move & Match (3 min)

- Play music while students move freely (walk, skip, march).
- When the music stops, call out a word (e.g. "lion" or "jump").
- Students quickly show the category with their body (e.g. squat like a lion, clap jump for a verb).

4. Cooldown (3 min)

- Slow side stretches.
- Deep breathing while holding a favourite pose.

Wrap-Up

- "Which categories were the easiest or hardest to show?"
- "How did moving help you remember what each word or shape meant?"

Teacher Support / Modifications

- Use simpler categories for younger years.
- Seated or smaller poses for students who need adjustments.
- Demonstrate a few examples before starting to build confidence.

Increase/Decrease Challenge

- Call two categories at once (students combine poses).
- Add a 3-second time limit to form the shape.
- Include trickier categories (e.g. synonyms/ antonyms, fractions).

Activity Time! Move & Match

10 mins

Teach This

"Today we're playing Move & Match! I'll call out categories, and you'll use your bodies to show what they mean. You'll be stretching, balancing, and moving while remembering different words, shapes, and numbers."

Aim (Why we're doing this):

To use our bodies in creative ways to strengthen memory and problem solving. Doing this often builds healthy habits that help us learn while we move.

1. Warm-Up (2 min)

- Gentle arm reaches and side twists.
- Practise making simple shapes (e.g. circle arms, triangle stance with legs).

2. Category Shapes (5 min)

- Teacher calls a category (e.g. nouns, verbs, shapes, numbers).
- Students form a matching pose (e.g. crouch like an animal for nouns, arms high for verbs, triangle stance for shapes).
- Switch categories quickly to keep students engaged.

