

# Shapes in space

A

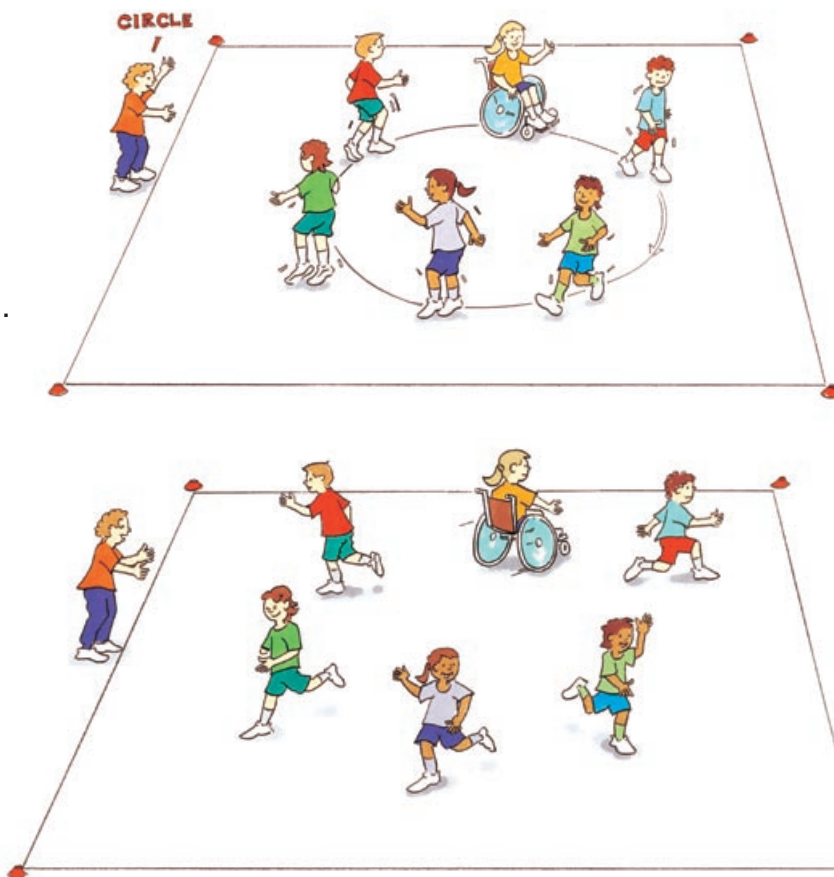
In a group, players make a basic shape in the middle of the room then skip clockwise. When the music stops, players run away from the basic shape. When the music starts again, players run back together and form another basic shape.

## What you need

- > Music player and music

## What to do

- > Call a shape e.g. a circle, square or rectangle.
- > In a group, players make the nominated shape in the middle of the room, and the music begins.
- > Players start skipping clockwise while the music is playing.
- > When the music stops, all players run away from the shape.
- > Call another shape e.g. a square.
- > The music starts again and players run to the middle to form the new shape.
- > Players begin skipping anti-clockwise.
- > Repeat this pattern.



## Change it

- > Vary the method of travel around the shape and away from the shape, according to ability (e.g. walking or sliding the feet instead of skipping, or hopping instead of running).
- > Divide players into groups of 5 or 6 to make more shapes.
- > Have one shape move inside the other shape, moving in the opposite direction.
- > Vary the time between movement in the shape and free movement into open space.

## Safety

- > Start off slowly then gradually increase the pace.

## Ask the players

- > What do you need to do to maintain the shape?

## LESSON LINK

*Shapes in space* is an activity that teaches the use of formal and random spatial patterns, the cooperative use of common space, decision-making and kinetic recall.

SESSION PLANS

Combos > Start Out MV 08B + Start Out MV 10A + Get Into It MV 05