

Ages 4-10

Levels 1-6



Stamina



Skill



## Simon Says - Changing Shapes



### The basic principles of the activity & how you execute it

Changing shapes using Simon Says! If he says then you do it, if he doesn't, then you don't!

We are going to use floating shapes used in class but you can add in other actions:

- Mushroom (tucked position)
- Star float standing
- Pencil float standing
- Star float on tummy
- Star float on back
- Pencil float on tummy
- Pencil float on back



### What you will need

Just enough comfortable floor space for a star float!



### Notes for parents

Let your child be Simon! Speed up the instructions – can you catch your child out?

This activity helps your child to understand the different floating positions and also to listen to instructions.