

GEOMETRIC SHAPES

Topic: Developing
flexibility and strength
of postural muscles.

Goals of the classes:

General: exercises strengthening leg muscles (adductors), strengthening deep postural muscles, body balance, functional training.

Operational (detailed): The child:

- strengthens muscle strength;
- recognizes basic geometric shapes;
- develops concentration.

Methods: strict imitation, strict task-based, verbal (explanation, demonstration), practical exercises.

Forms of work: individual.

Teaching aids: cones or markers, hula hoops, cardboard shapes of figures: square, triangle, rectangle, etc.

Duration: 30 minutes

Course of classes:

Greeting - reminding of safety rules and informing about the theme of the activities; showing children geometric figures, e.g., cut out of cardboard (children can also prepare such shapes beforehand).

Warm-up

1. Olympic Circles

Children march/run/jump around the room, and on the trainer's signal, they must form circles. Holding hands, they can create larger multi-person or smaller circles, e.g., in pairs. It's important to form a circle as quickly as possible. The child/children who do not manage and remain alone must perform a task:

- 5 jumping jacks or
- 5 squats or
- 3 burpees.



2. Triangles and Squares

Using cones or markers, we arrange 2 geometric figures: a square and a triangle (with sides about 2-3m, depending on the space available to the trainer and the age of the children, older children have larger figures). We divide the children into two groups. One group for squares, the other for triangles. Each child, in turn, must run/walk the given figure, covering each segment – side of the figure in a specific way:

- Square - 1 side run forward, 2nd side step-close walk, 3rd – run backward, and finally 4th side on all fours.
- Triangle - 1st side – two-foot jumps, 2nd – jumps on the right foot, 3rd – jumps on the left foot.

After completing the exercise, groups swap.

Please Note: harder version of the exercise (strength exercises), for older children: children perform exercises at each vertex of the figure, e.g., 1st vertex – 5 jumping jacks, 2nd – 5 squats, 3rd – 5 burpees, 4th vertex – 5 push-ups, etc.

Main part – gymnastic, general development exercises

3. **"Shadow" (body balance, strengthening postural muscles)** – the trainer shows an exercise and the children as shadows imitate it as accurately as possible. A child who fails to perform a given exercise, e.g., loses balance, doesn't maintain a given position for a set time, must quickly point out any geometric figure they notice in their surroundings (pattern on a shirt, element of room equipment, arrangement of their hands in the shape of some figure, etc.). We try to maintain each figure for 5 to 15 seconds (depending on the age of the children):

- Stand on one foot, the other bent at the knee pulled up as high as possible, arms straight, high, joined above the head,
- Stand on one foot, lean forward while lifting the other leg up and back (must be straight), arms stretched far forward (the "swallow" pose),
- Kneel on one leg (knee resting on the ground), the other leg straight in front of you, resting on the foot, while lifting both arms straight up,
- Sit on the floor and simultaneously lift straight legs, torso, and head, arms under the knees holding the legs (forming the letter V).

4. **"Live Obstacle Course" (flexibility, agility, muscle strength)** – divide children into two groups, one will overcome the obstacle course and the other will create/build it, e.g.:

- Slalom – part of the children stand at equal distances from each other in a line, must hold their arms straight high above their heads – they are cones in the slalom, the other group of children runs the slalom. Note: in a harder version, children building the course can form a large circle, then the slalom is run while circling the circle.
- Passing under the bridge – part of the children build a bridge, lean forward, support their hands on the ground, and stand next to each other creating a bridge/tunnel. The rest of the children pass underneath,
- Zigzag (vertices of triangles) – arrange part of the children in a zigzag, the others move in a step-close walk and with each vertex of the triangle high five.

5. **"Building Figures" (agility, speed, flexibility)** – we lay out geometric figures cut out from cardboard, drawn in various places around the room. Children run freely and on the trainer's command, e.g., square, they must quickly find a square and stand next to it, while simultaneously forming such a shape themselves. They can position their hands in a specific way, lie down on the floor and curl up into a circle, or together with others stand in a circle or a square (for younger children, it is enough that they find a given shape and stand by it).

6. **"Foot - the Artist" (leg muscle strength, adductors)** – our legs are artists 🎨 and we draw different shapes with them. We lie down on the floor and start "drawing":

- We draw circles (the "bicycle" exercise), important not to do this exercise too quickly,
- Lying flat on the floor, we lift our legs, keep them straight, joined, and spread and fold our legs – forming a triangle, keeping legs straight at the knees,
- Lying flat on the floor, we lift our legs up and then bend our knees and pull them as close to us as possible, making a sort of "squat", crossing our legs at the ankles. This forms a figure – a rhombus,
- Lying on our side on the floor, we support ourselves on one elbow, the leg closer to the floor is straight and lies freely, we first bend the other leg at the knee and rest the foot against the knee of the lying leg, then we straighten the leg and lift it as high as possible creating a right angle – the outline of a square,
- Lying on our side on the floor, we support ourselves on one elbow, knees of both legs bent, feet together and we lift one leg up (the "butterfly" exercise but lying down).

Conclusion – stretching/relaxing exercises - yoga

7. "Basic Yoga Poses for Children":

Tree 1



Tree 2



a. Tree – we stand straight, bend one knee and rest the foot against the other straight leg, hands joined in front of us and while maintaining balance we lift our hands above our head (hands always joined),

Warrior 2



b. Warrior – hands spread to the side, standing in a slight straddle, one leg bent resting on the whole foot, the other straight resting on the toes,

Downward facing dog



c. Dog – we bend down and support our hands on the floor, legs straight in a light straddle,

Cat



d. Cat – "cat back" – hands and knees on the floor, we push our back/spine upwards, head tilted towards the floor,

Cobra



e. Cobra – supporting ourselves on our hands, we lift our head and chest up, legs straight, lying on the floor."