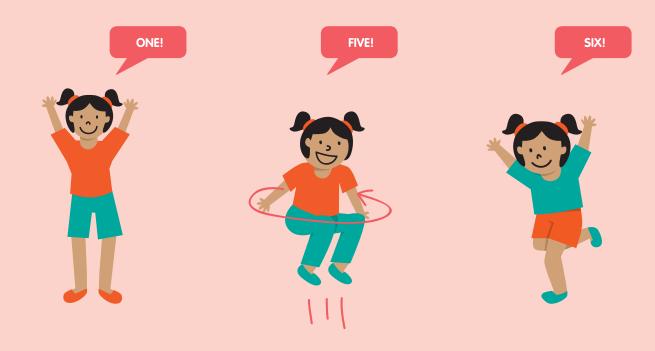
## MOVING NUMBERS

OAT 7 - OA 7









## **MOVING NUMBERS**

## **ACTIVITY**

**Initial questions:** Do you remember 1. "One! Stand up and jump". to count in English? What numbers do we know?

Teacher's task: Invite the class to form a circle and give the following instructions:

- **2.** "Two! Jump twice with both legs, and lift your arms".
- 3. "Three! Jump 3 times like a frog".
- 4. "Four! Bend your knees (squat) 4 times".
- 5. "Five! Skip 5 times turning around".
- 6. "Six! Jump 6 times with one foot each".

- 7. "Seven! Do 7 jumping lunges".
- 8. "Eight! Place your hands and feet on the floor, knees don't touch the ground. Lift-jump your feet 8 times, like a horse kick".
- 9. "Nine! In pairs, sit down facing each other, hold your hands and do 9 nine alternating sit-ups".
- 10. "Ten! Choose your favorite movement and repeat it 10 times".



