

ONE!



FIVE!



SIX!



15 minutes



Indoors



Moderate

# MOVING NUMBERS

## ACTIVITY

**Initial questions:** Do you remember to count in English? What numbers do we know?

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

1. "One! Stand up and jump".
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".

