

Name of exercise	Changing shapes
Description of exercise	<p>Start with running freely in the gym</p> <p>At a signal stop and make a stretched-out star shape</p> <p>Then immediately make a 'full-stop' shape</p> <p>Then immediately make a straight-pole shape before running again.</p>
Key themes that this exercise can support	Balance and coordination
Emphasised at	Early level
Appropriate for	Early – First levels

Back to [Scaffolding practices](#) page.