

Triangles - Scalene, Isosceles, Equilateral

Exercise the Answer w/ Dance Breaks

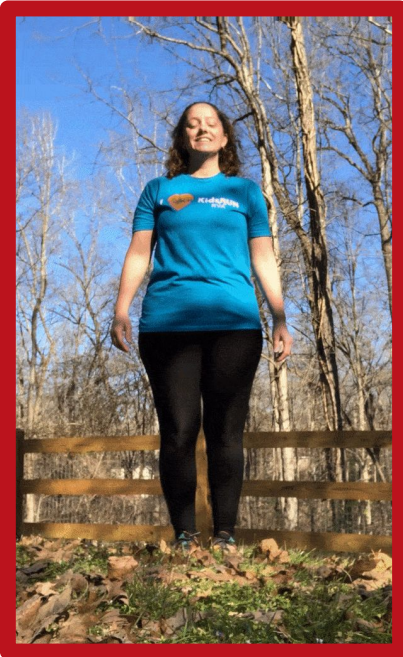


By Greater Richmond Fit4Kids

www.grfit4kids.org

- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer





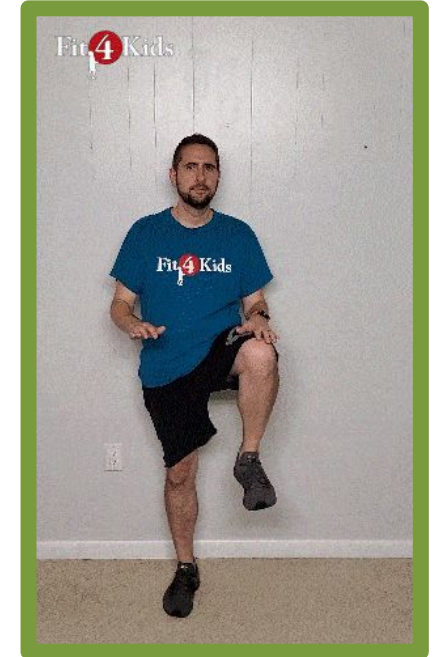
Scalene

Washing Machine



Isosceles

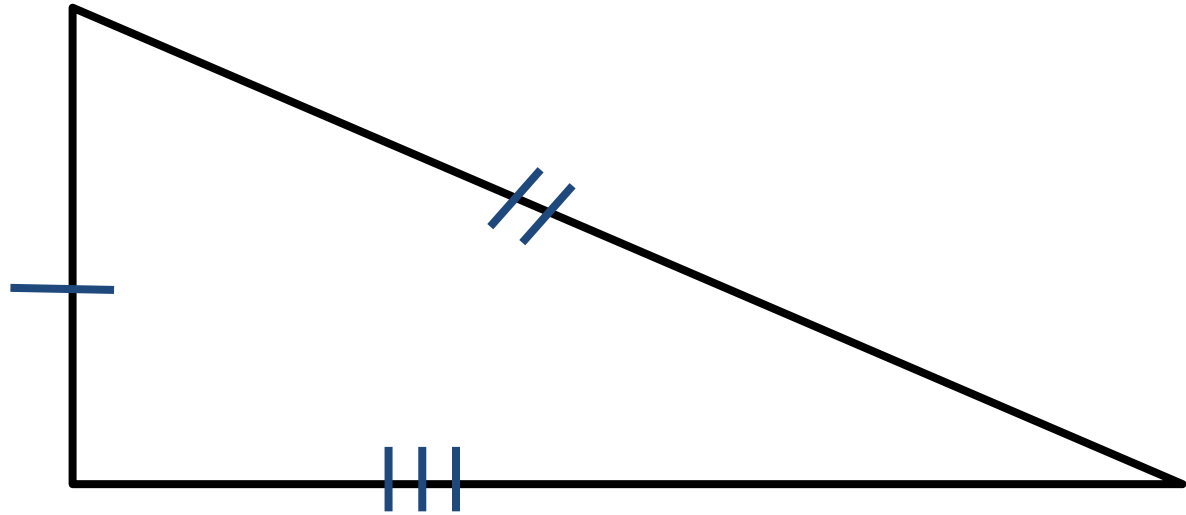
Ski Jumps



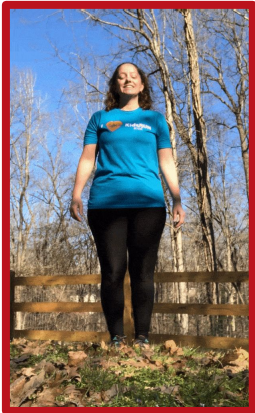
Equilateral

Knee Lifts

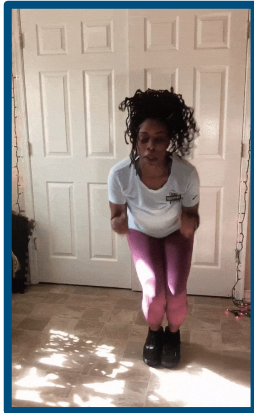




Scalene



Isosceles



Equilateral



Pick a Move



Wavy Arms



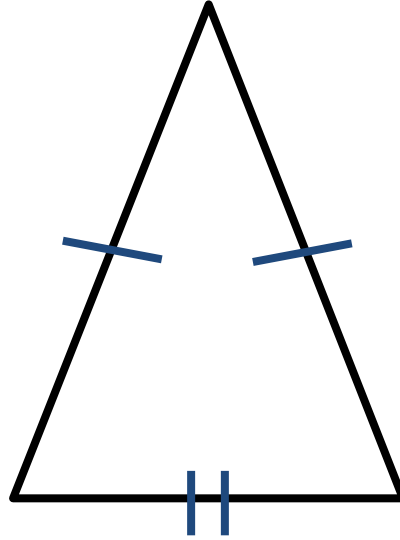
or



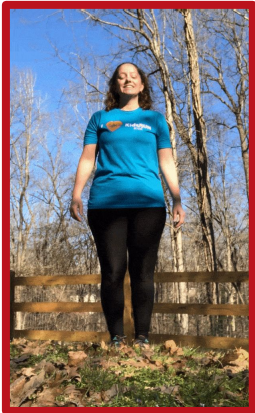
Ski Jumps



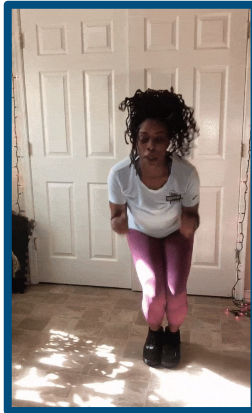
Think, Tap, Move



Scalene

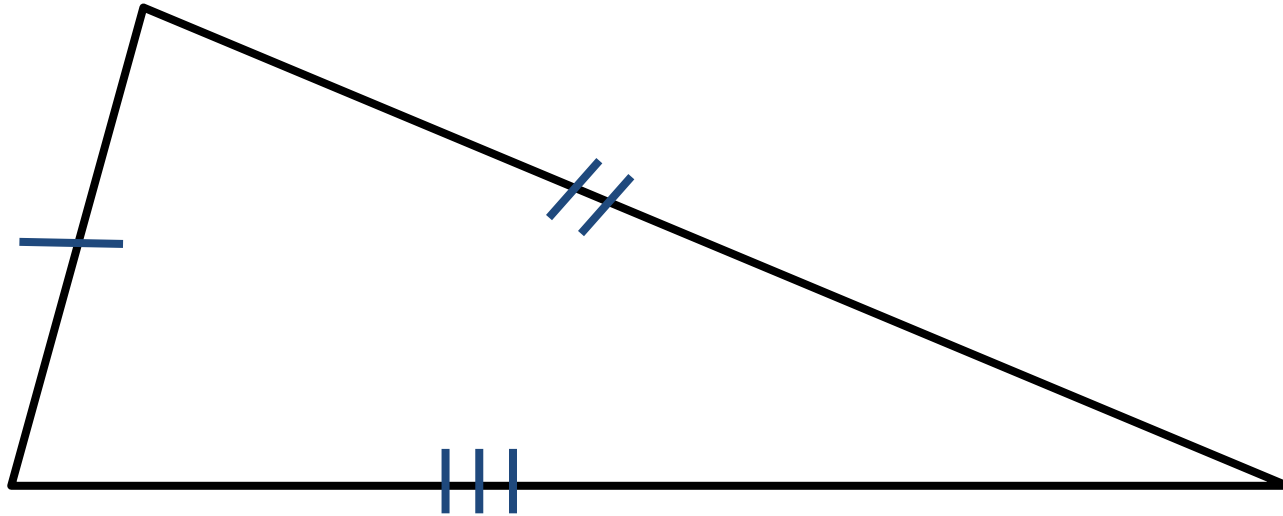


Isosceles

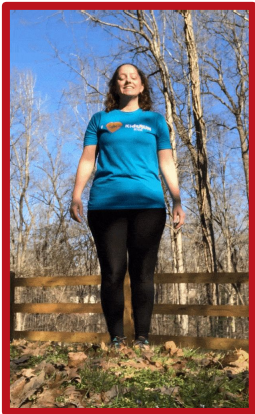


Equilateral

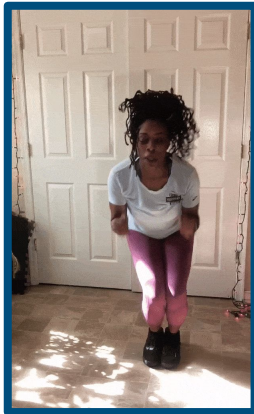




Scalene



Isosceles



Equilateral



Pick a Move



Hops



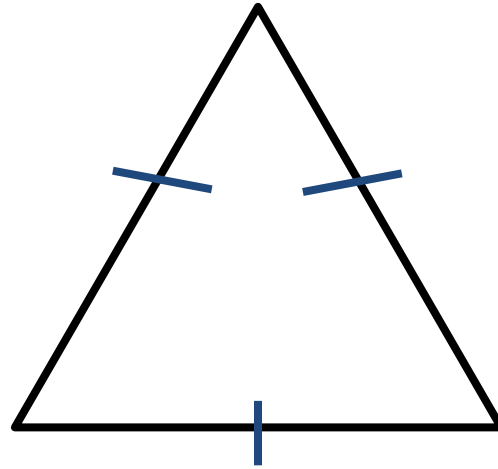
or



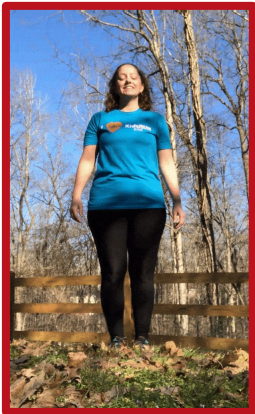
Goal Posts



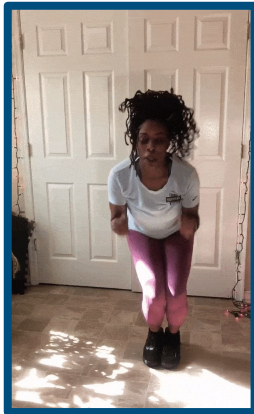
Think, Tap, Move



Scalene

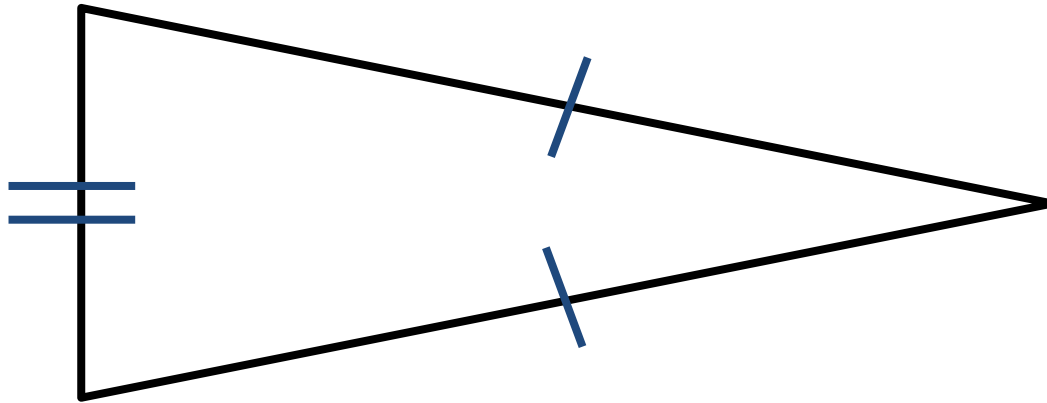


Isosceles

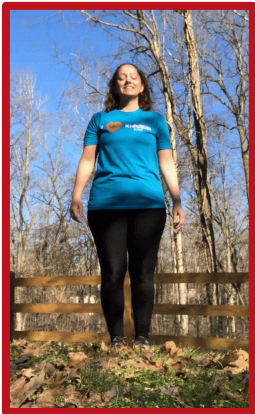


Equilateral

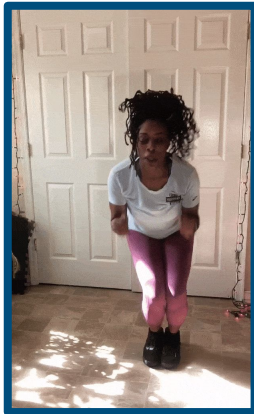




Scalene



Isosceles



Equilateral



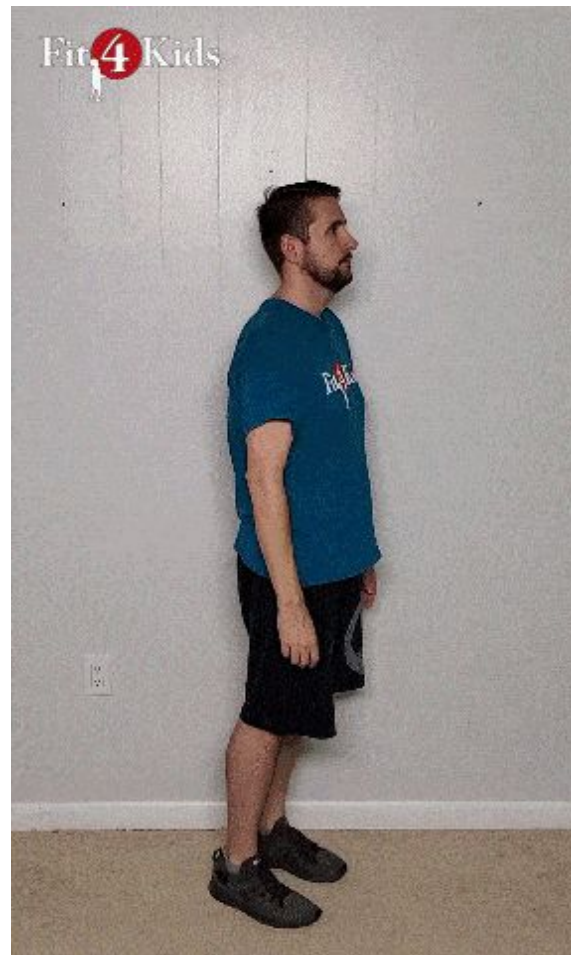
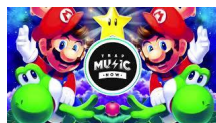
Pick a Move



Side Lunges



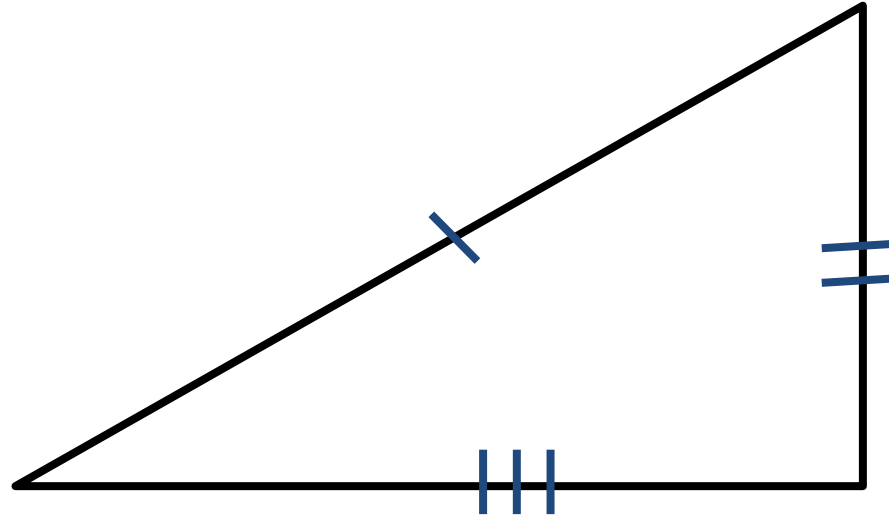
or



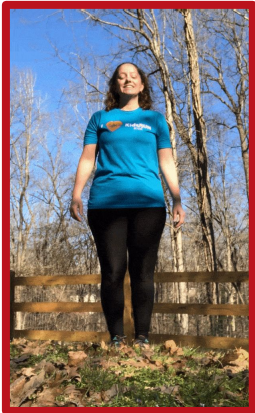
Calf Raises



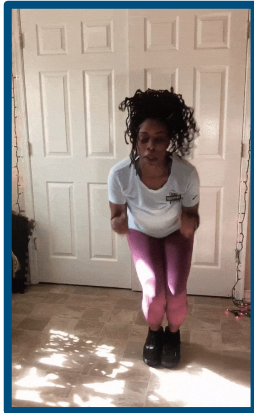
Think, Tap, Move



Scalene



Isosceles

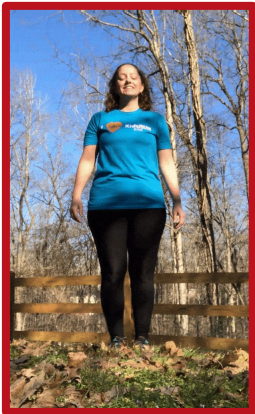


Equilateral



This triangle does not have any equal sides.

Scalene



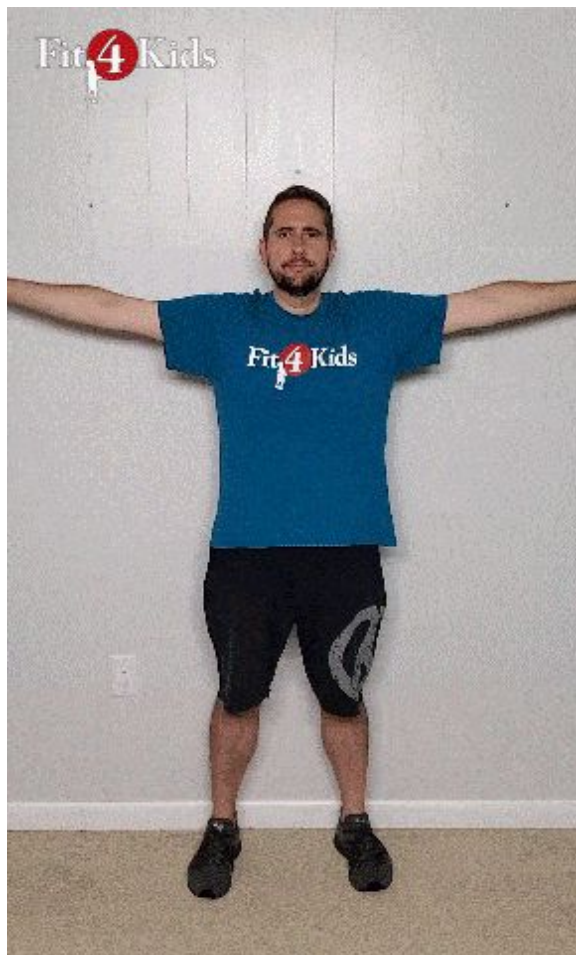
Isosceles



Equilateral



Pick a Move



Arm Circles



or

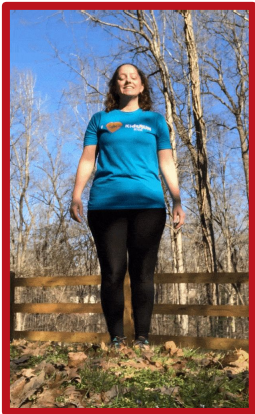


Sumo Squats

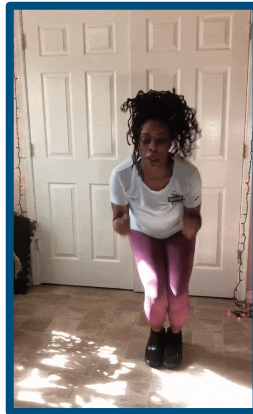


This triangle has sides that are all the same size.

Scalene



Isosceles

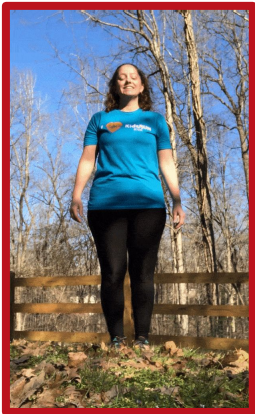


Equilateral

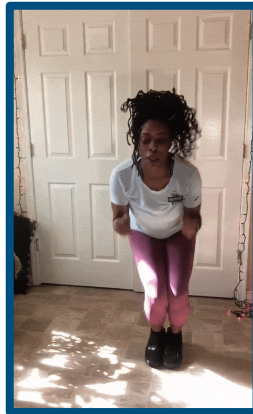


This triangle has two equal sides.

Scalene



Isosceles



Equilateral



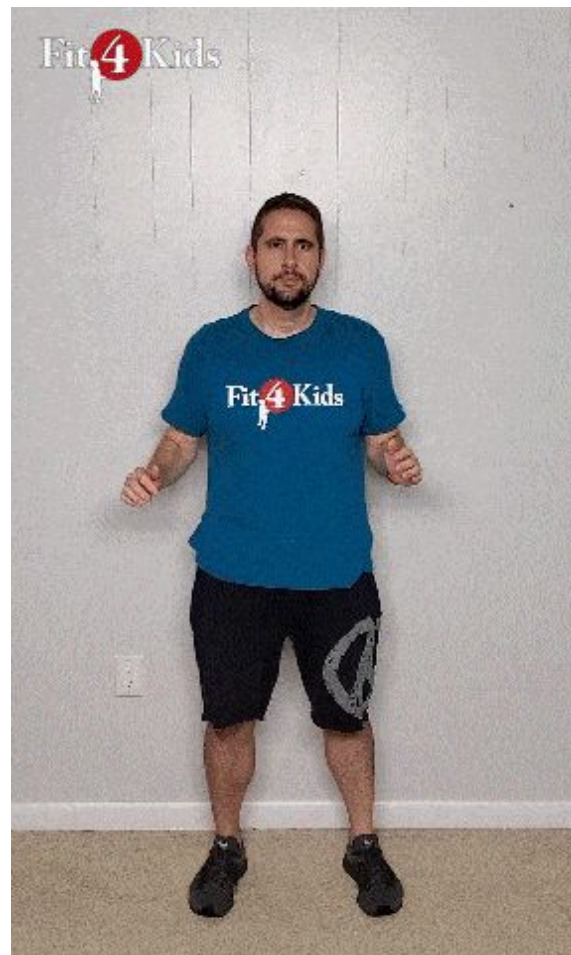
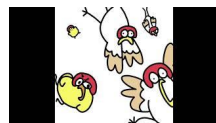
Pick a Move



Squat Jumps



or

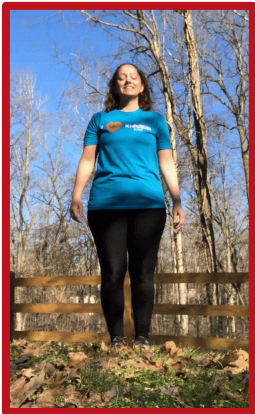


Cross Crawls

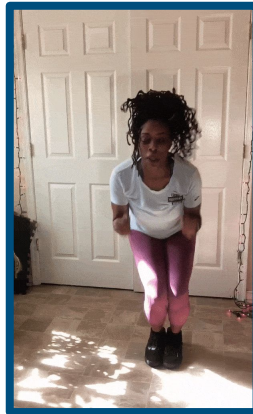


This triangle's angles are all the same size.

Scalene



Isosceles

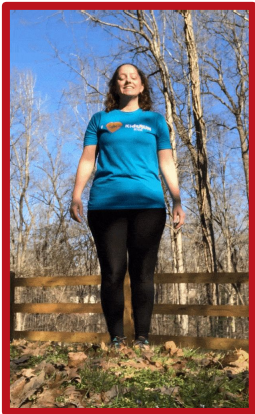


Equilateral

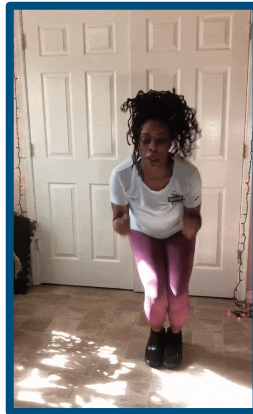


No sides are equal on this triangle.

Scalene



Isosceles



Equilateral



Pick a Move



Tuck Jumps



or

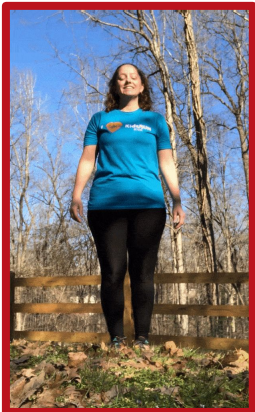


Stretch



Two angles of this triangle are equal.

Scalene



Isosceles

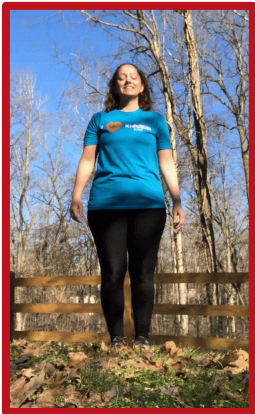


Equilateral

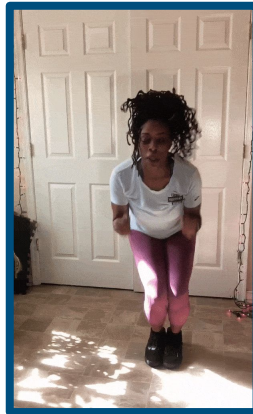


What is your favorite type of triangle?

Scalene

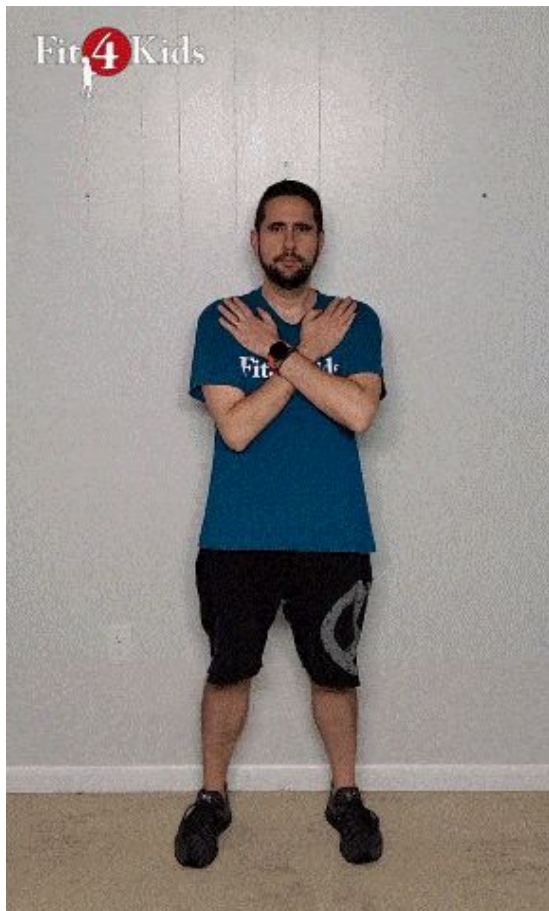


Isosceles



Equilateral





Mummy



Pretzel

