

Polygons - Combining & Subdividing

Rock, Paper, Scissors with Movements



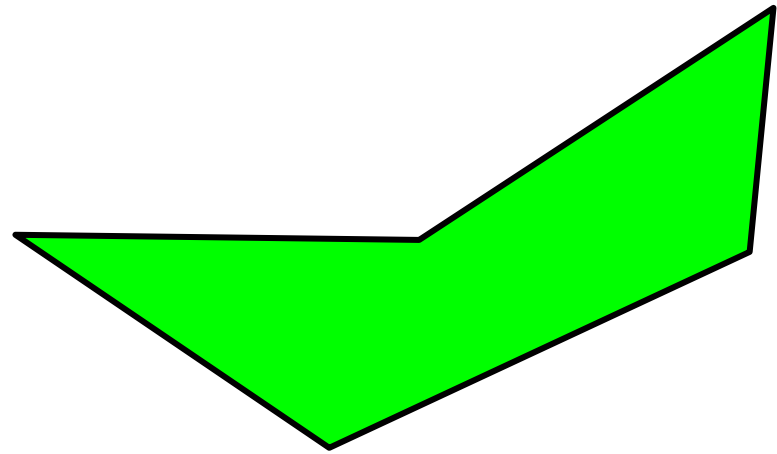
By Greater Richmond Fit4Kids

www.grfit4kids.org

- 1) Think about it
- 2) Hide your answer
- 3) Tap your head
- 4) Show your answer



What is this shape?



pentagon



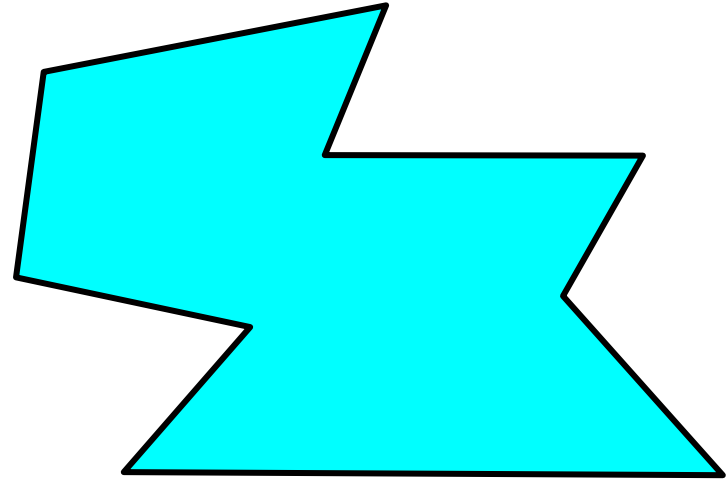
hexagon



quadrilateral



What is this shape?



heptagon



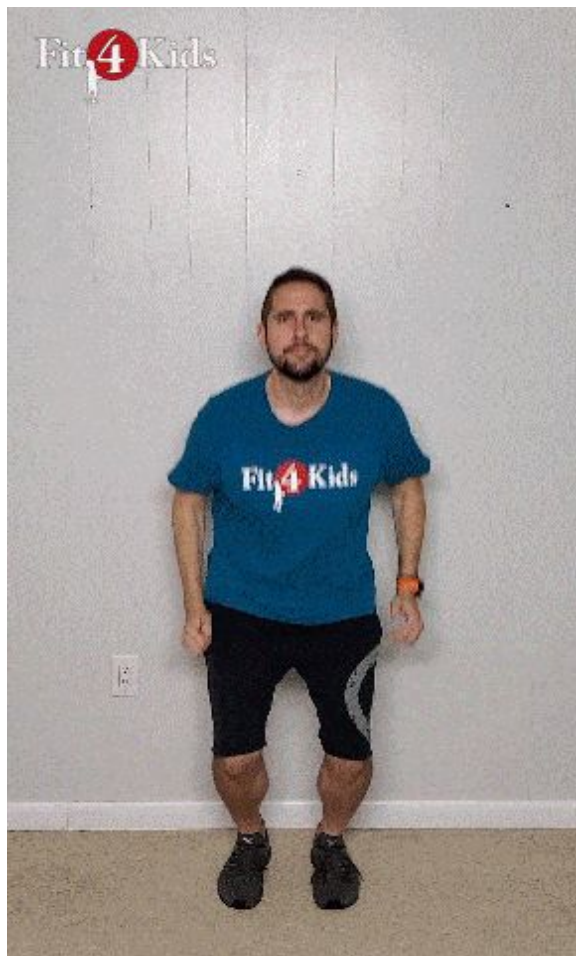
nonagon



quadrilateral



Pick a Move



Jumps



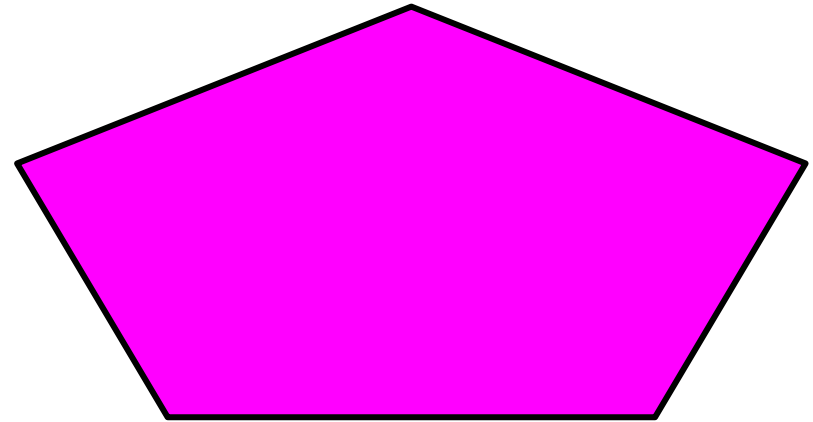
or



Washing Machines



What is this shape?



quadrilateral



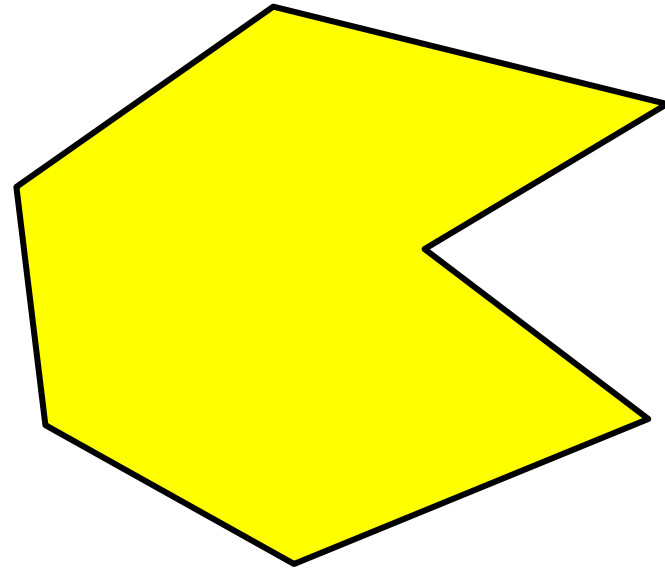
octagon



pentagon



What is this shape?



nonagon



hexagon



heptagon



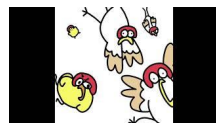
Pick a Move



Squat Jumps



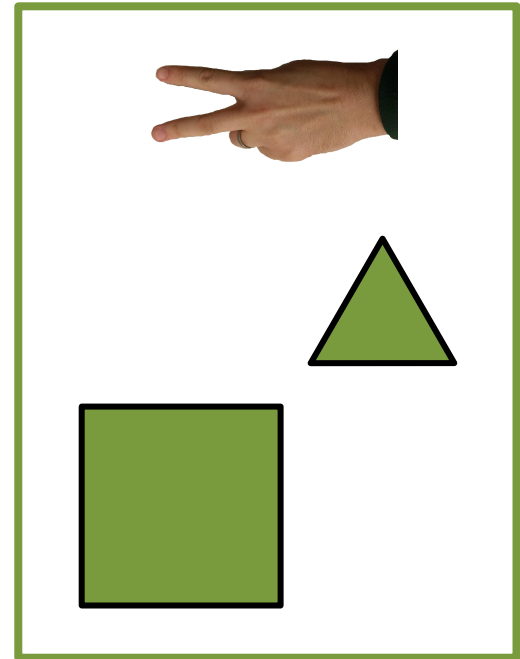
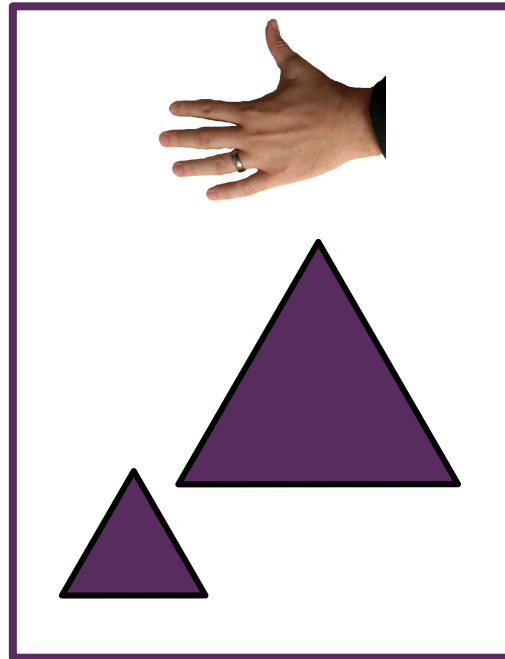
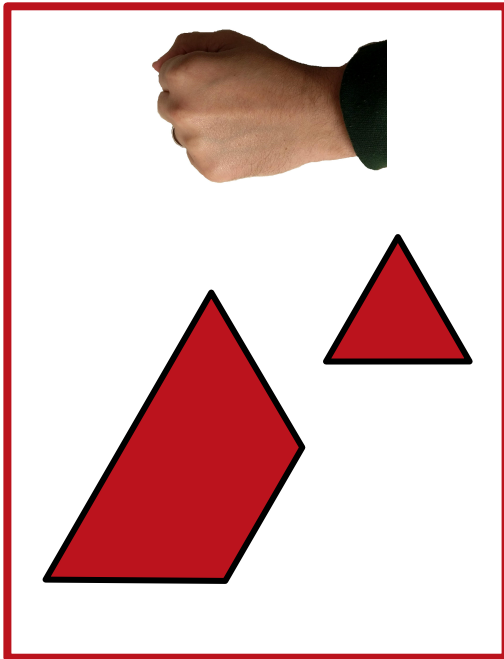
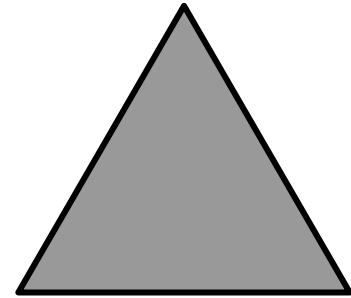
or



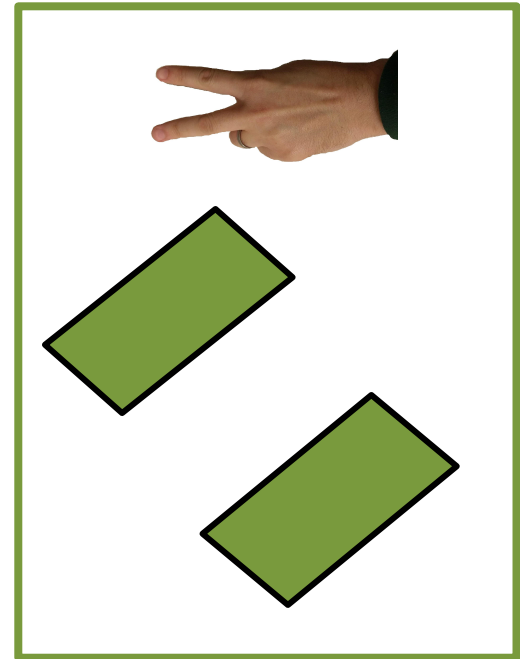
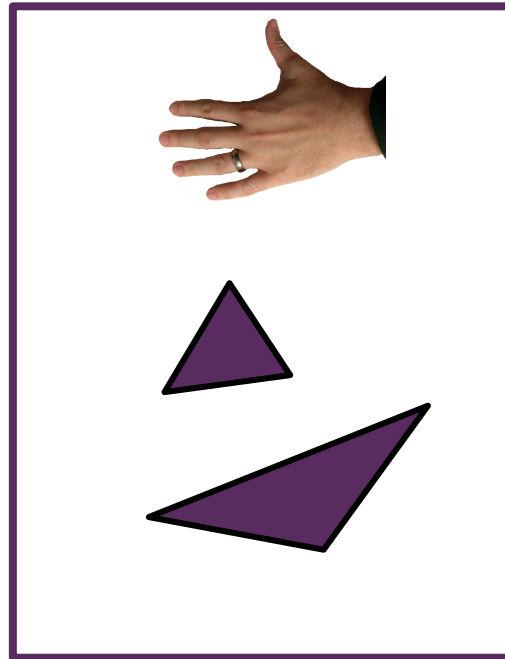
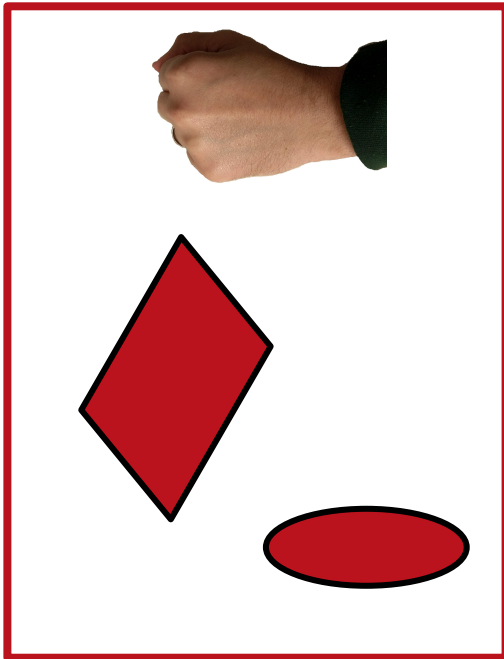
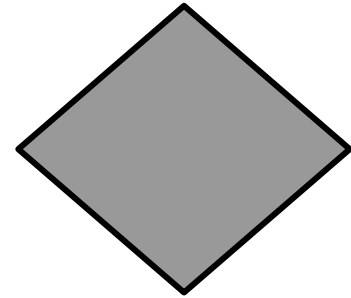
Cross Crawls



What polygons make up the one pictured?



What polygons make up the one pictured?



Pick a Move



Wavy Arms



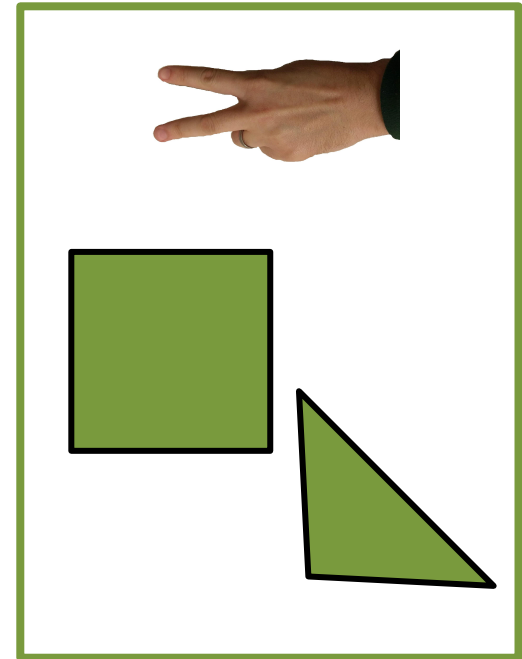
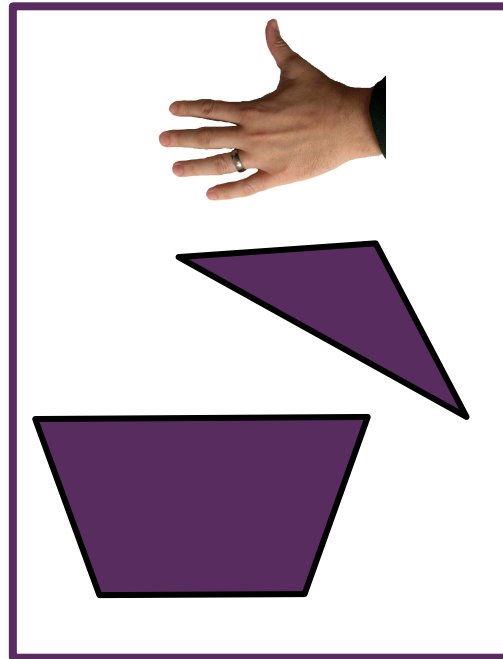
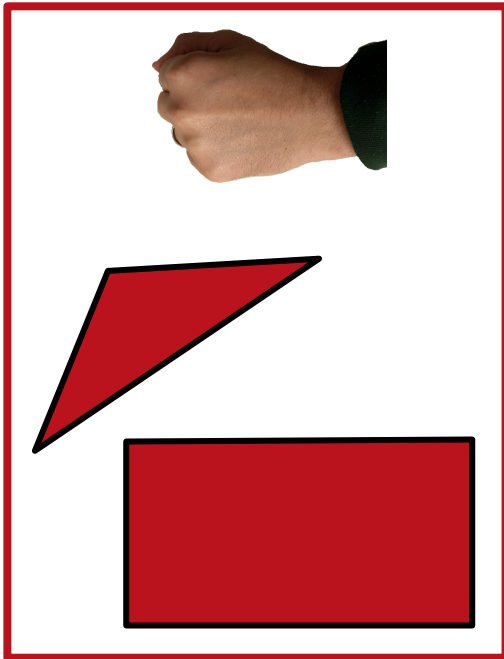
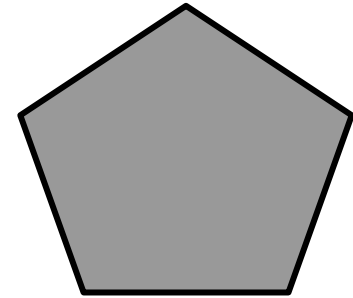
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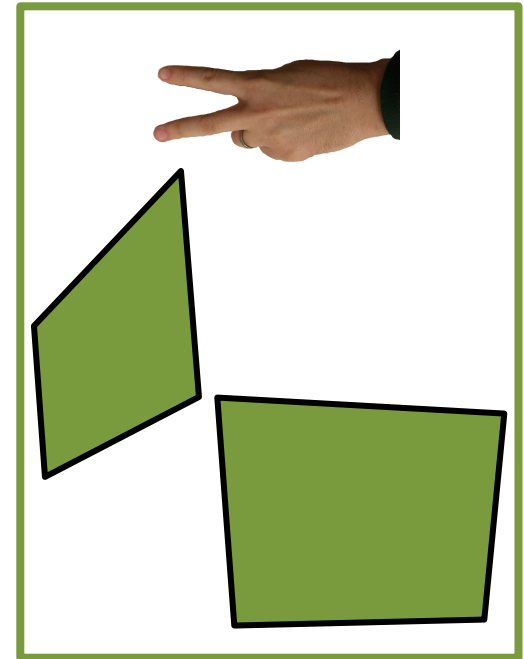
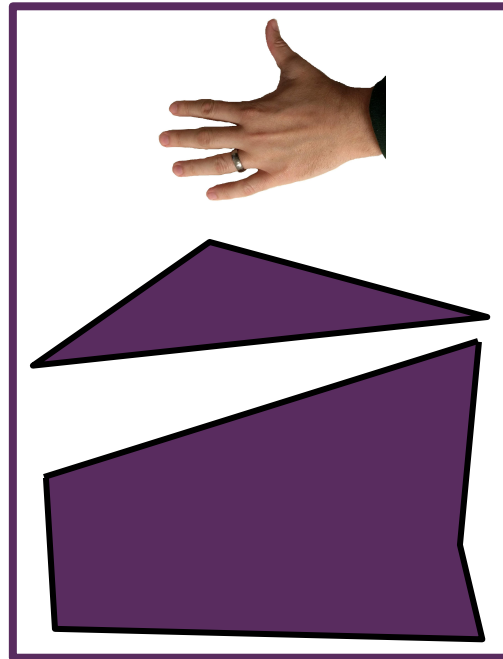
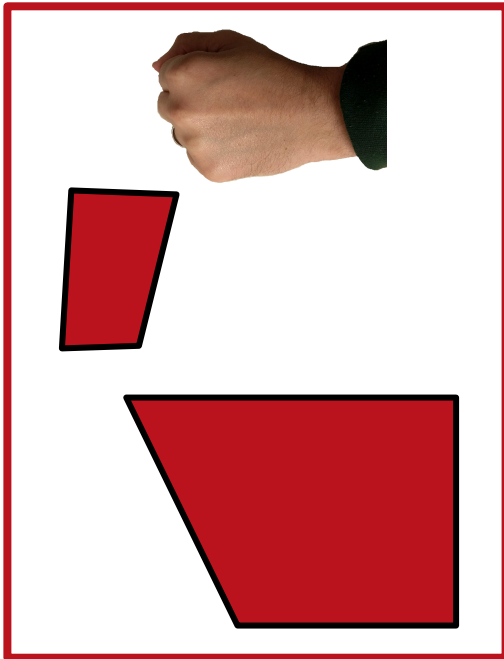
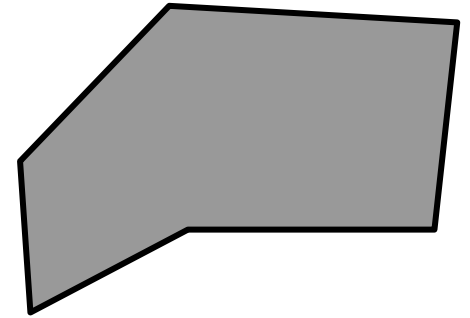
Washing Machine



What polygons make up the one pictured?



What polygons make up the one pictured?



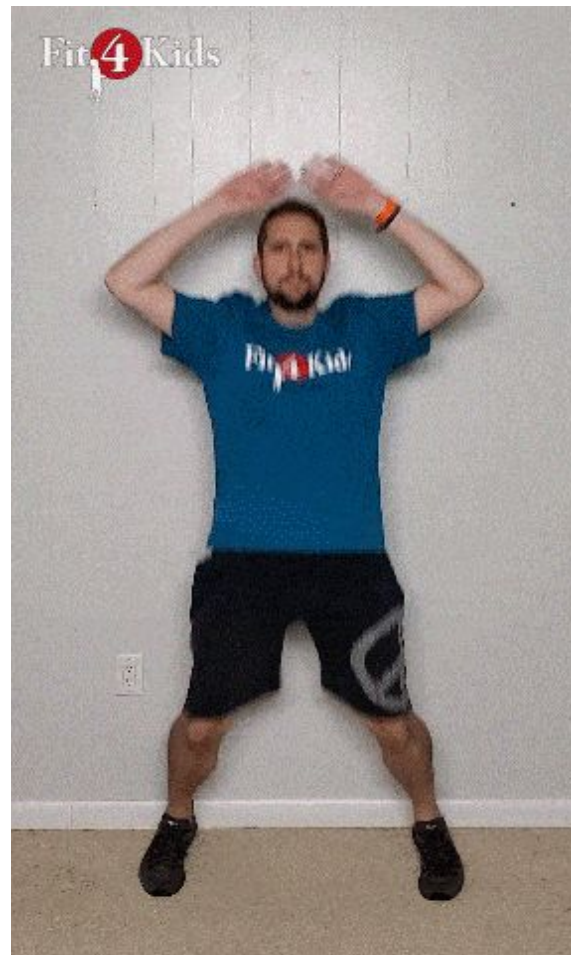
Pick a Move



Forward Bounds



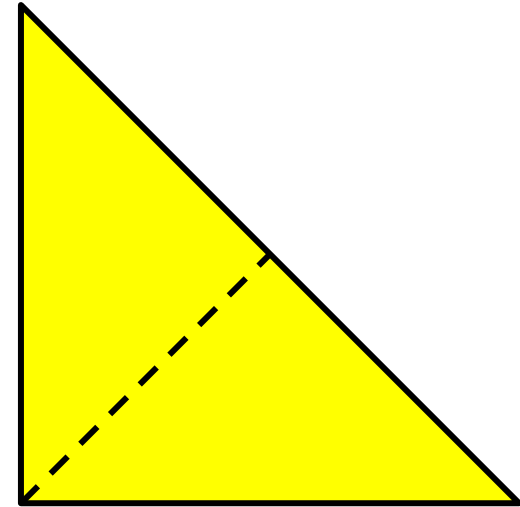
or



Jumping Jacks



What 2 polygons
are created when
this is
subdivided?



quadrilateral
triangle



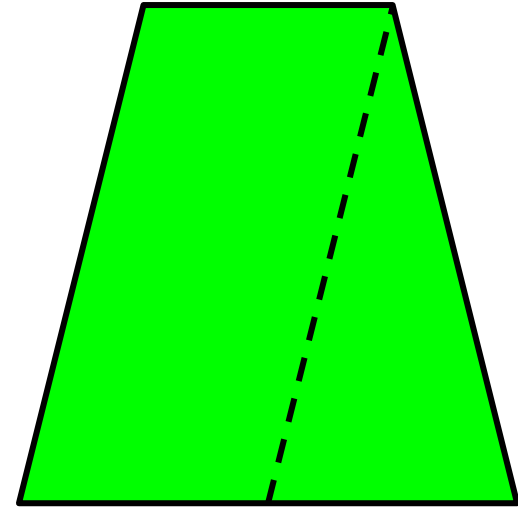
triangle
triangle



quadrilateral
quadrilateral



What 2 polygons
are created when
this is
subdivided?



quadrilateral
quadrilateral



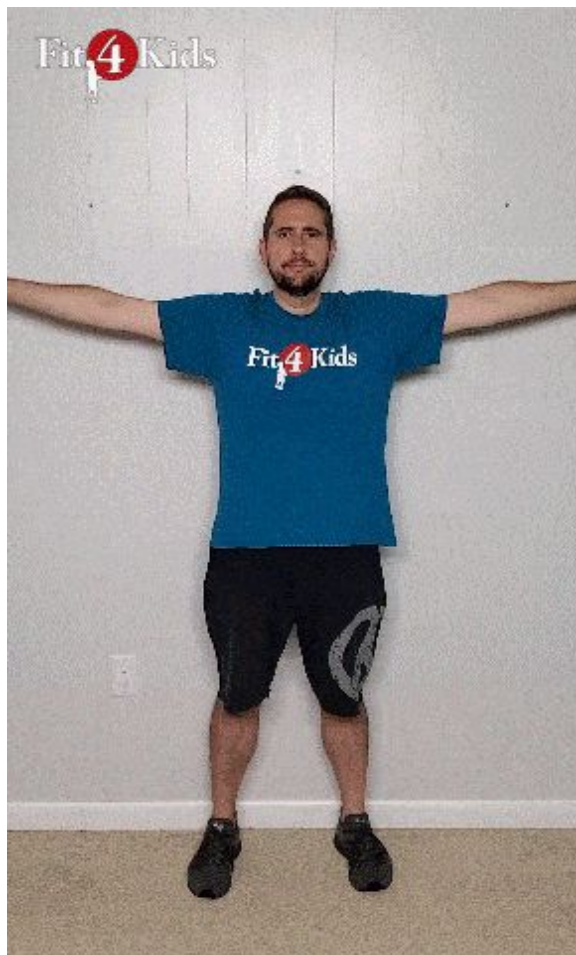
quadrilateral
triangle



triangle
triangle



Pick a Move



Arm Circles



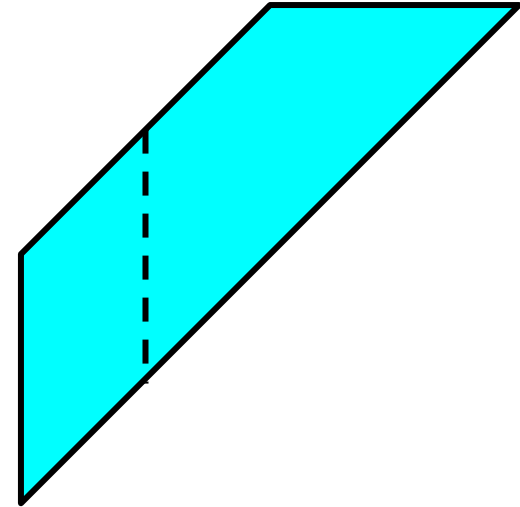
or



Sumo Squats



What 2 polygons
are created when
this is
subdivided?



triangle
triangle



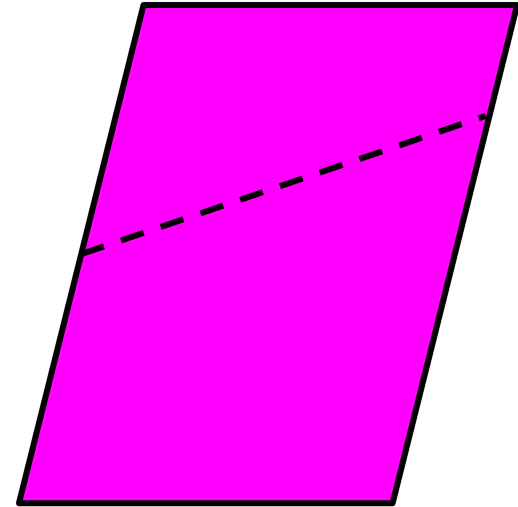
triangle
quadrilateral



quadrilateral
quadrilateral



What 2 polygons
are created when
this is
subdivided?



quadrilateral
triangle



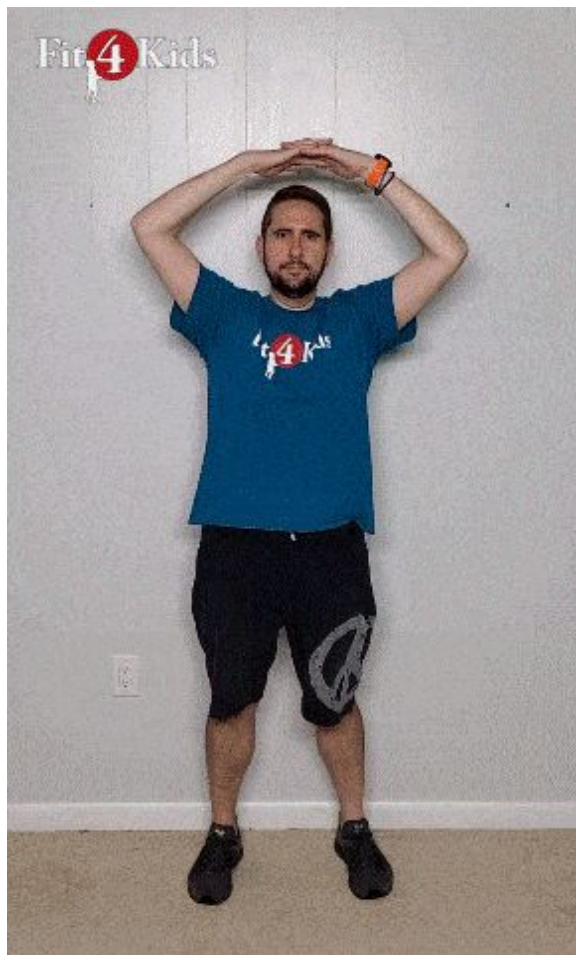
quadrilateral
quadrilateral



triangle
triangle



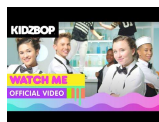
Pick a Move



Side Bends



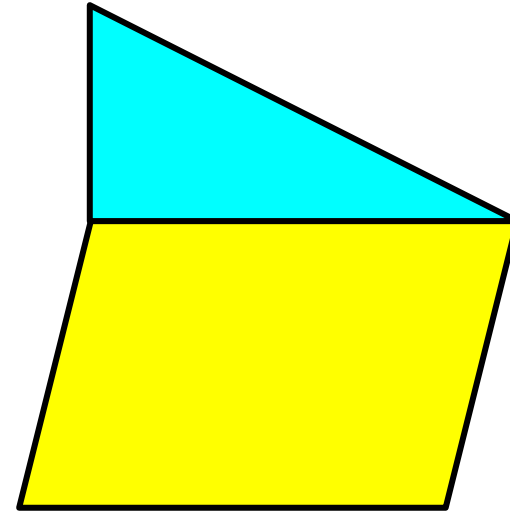
or



Star Jumps



What polygon is created when these were combined?



hexagon



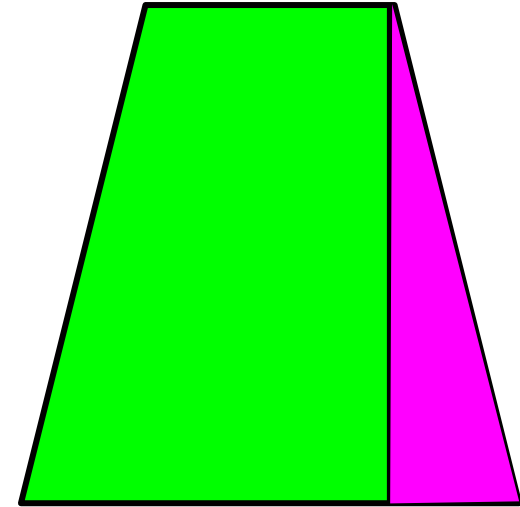
quadrilateral



pentagon



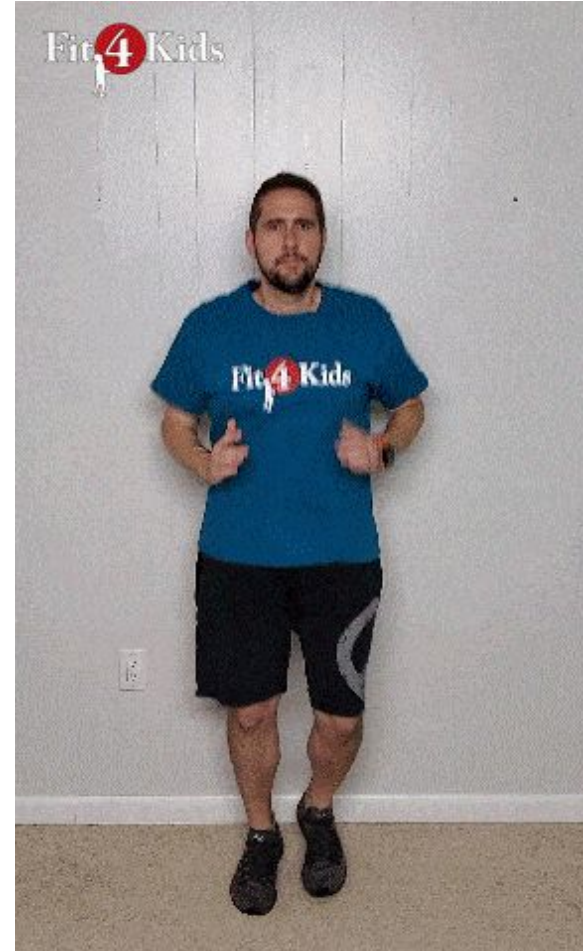
What polygon is created when these were combined?



Pick a Move



or

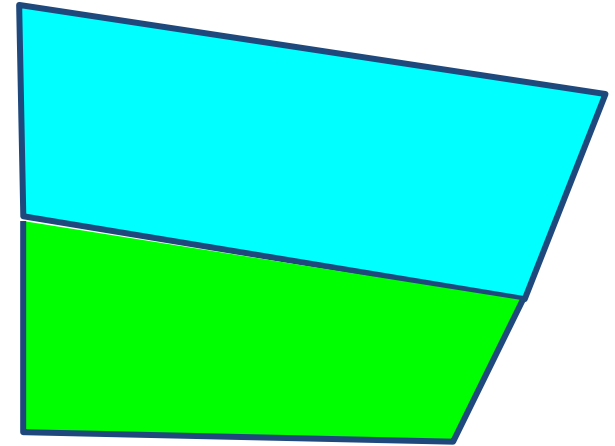


Sumo Squats

Jog in Place



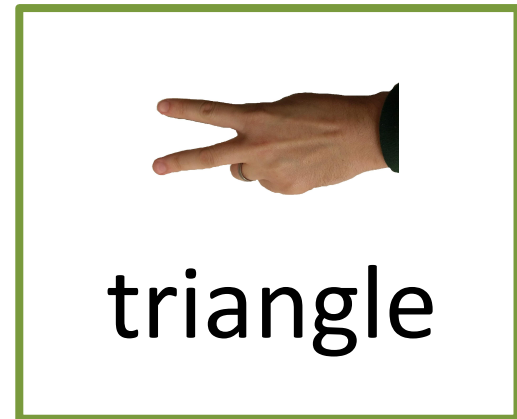
What polygon is created when these were combined?



quadrilateral



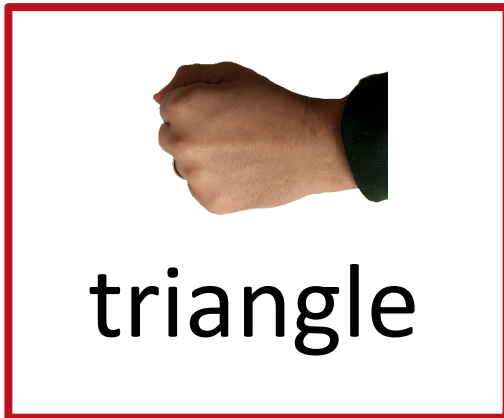
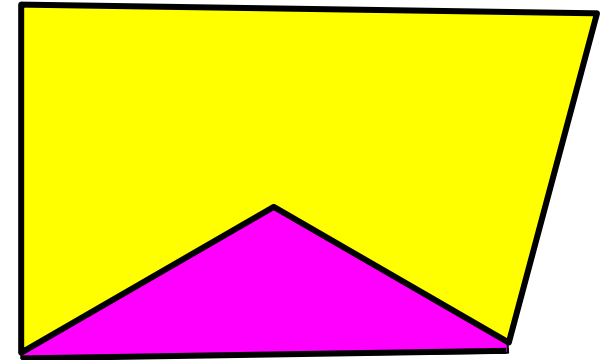
octagon

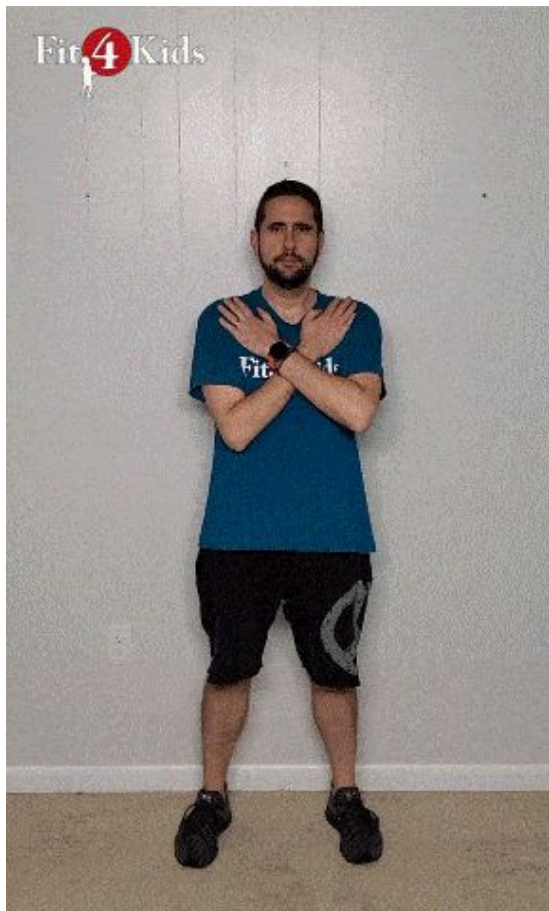


triangle

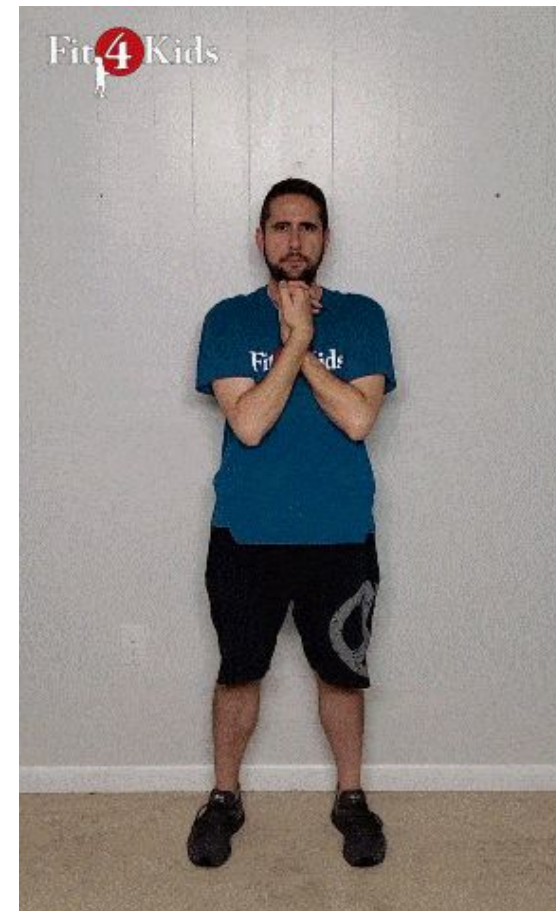


What polygon is created when these were combined?





Mummy



Pretzel

