

Animal Walks

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| Age: | 3-8 Year Olds |
| Participants: | 2+ |
| Time: | 5-10 minutes |
| Equipment: | Cones (optional) |

Skill(s):



Running



Jumping



Balancing



Hopping



Skipping

Set Up:

- Mark out an area that kids can animal walk in

Description:

- Kids have to move around like the animal that the coach says, for example:
 1. Hop like a kangaroo
 2. Jump like a frog
 3. Crawl like a bear
 4. Walk tall like a giraffe
 5. Run fast like a cheetah
 6. Walk like a crab
 7. Zoo! Be any animal that you like



Variations:

- Ask children to come up with the next animal walk to do
- Make the animal noises!

Teaching Points:

Jumping

- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse
- Swing & Spring
- Reach for a star and bring it down again

Hopping

- Quiet landings (bend ankles, knees and hips)
- Bend your leg to push off
- Head up and eyes forward (look towards where you are hopping)
- Swing & spring

Balancing

- Head up
- Aeroplane arms
- Eyes looking forward at something ahead of them (eg. Tree)

