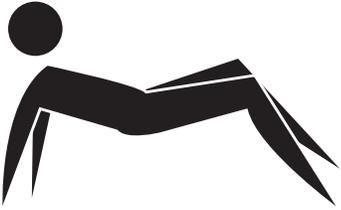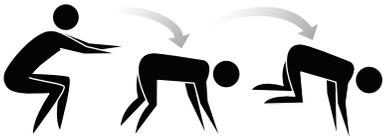phea
Healthy Schools
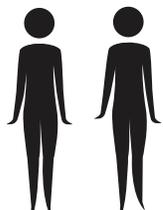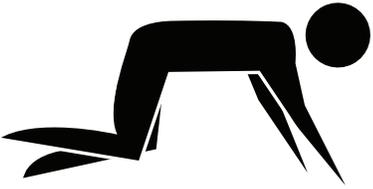*Healthy Communities*

Animal Walks

Use "Animal Moves" to encourage a variety of movement types. Animal moves can be used in Warm-Ups and Cool-Downs and as a part of many activities in the lesson. Encourage students to explore and create their own animal moves.

	Bear Walk • Get in position with hands and feet touching the floor. • Move the foot and the hand on one side together, then the foot and hand on the other side (i.e., right hand, right foot; left hand, left foot). • Keep arms and legs stiff.
	Rabbit Hop • Squat, placing hands on the floor in front of feet. • Move the hands forward first, then move feet to hands.
	Elephant Walk • Bend forward at the waist. • Clasp hands together and keep arms straight to form a trunk. • Walk with big slow steps, keeping the legs straight. • Swing trunk from side to side.
	Gorilla Walk • Bend knees and move upper body forward. • Let arms hang at sides. • As each step is taken, touch floor with fingers.
	Cricket/Chicken Walk • Squat with knees apart. • Place arms between the knees and grasp the outside of the ankles with hands. • Walk.
	Seal Walk • Get into a push-up position (i.e., straight arms and straight legs). • Walk forward with the hands and drag the feet.
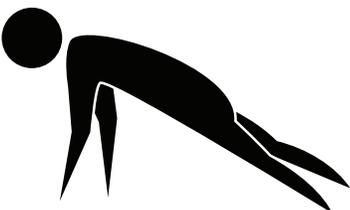
Animal Walks - continued...

	Crab Walk • Squat down and reach back with arms. Keep fingers pointed away from the body. • Touch the floor with only feet and hands. • Move backward.
	Frog Jump • Squat down, placing hands on the floor slightly in front of feet. • Jump forward with hands and feet at the same time.
	Camel Walk • Place one foot in front of the other and bend at the waist. • Clasp hands behind the back. • Walk, raising head and chest with each step.
	Kangaroo Hop • Begin in a squat position and fold arms across chest. • Keep body weight over toes. • Jump up and forward, landing on feet.
	Inchworm • Begin with hands and feet touching the floor, hands close to feet. • Bend knees slightly. • Reach hands forward and bring feet up to meet hands.
	Wounded Dog • Move across the floor with two hands and one foot. • Hold one foot off the floor – pretend it hurts!

Animal Walks - continued...

	Alligator • Move along the floor, staying as low as possible. • Keep feet and hands close to body. • Keep head in line with back.
	Mouse • Run with weight on hands and feet, taking little steps.
	Cat • Spring forward from a crouch, from feet to hands. The hands should touch first, then the feet should follow, like a cat jumping.
	Penguin Walk • Place both legs together, with feet pointing out to the side. • Hold arms straight against body with hands facing outward, parallel to the floor. • Shuffle forward, waving hands and staying very straight.
	Turtle Walk • Move forward in push-up position. • Keep back as straight as possible – it is the shell!