

# ANIMAL WALKS



GYMNASTICS

## EQUIPMENT >>>

- ✓ Music (optional)

## SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY >>>

- ✓ Call out an animal name and then participants move around in the same fashion as the animal:
    - Elephant Walk: lean body forward to clasp hands to make a trunk.
    - Bunny Hops: small quick hops with both feet.
    - Crab Walk: start by sitting on the floor/ground, and then put hands flat on the floor behind body, bend knees, keep feet flat, and lift up bottom. Walk forward/backward.
  - Frog Jumps: start in a squat position with hands on the floor/ground between legs, hop forward, and land back into a squat position.
  - Dog/Cat Walk: crawl on hands and knees.
  - Three-legged Dog/Cat Walk: crawl on hands and one knee.
  - Giraffe Walk: walk while keeping body as tall as possible.
  - Bear Walk: start by bending forward so hands and feet are on the floor/ground, keep arms and legs straight, but bottom is in the air (like a triangle).
  - Seal Walk: start by lying on stomach, push up with arms so arms are straight, but hips remain on the floor/ground. Use arms to pull body forward.
- ✓ This activity can be used as a relay race, exploration, or a warm-up.