

THE ANIMALS



GYMNASTIC

EQUIPMENT >>>

- ✓ Music (optional)

SET UP >>>

- ✓ Participants keep a safe distance from each other.

ACTIVITY >>>

- ✓ Name an animal and the participants move like this:

Elephant: leaning forward to join hands to form a proboscis.

Rabbit: perform small, quick jumps on two feet.

Frog: crouch, hands on the floor between the legs, jump forward while performing a reception in position squatting.

- Crab: sit on the floor, hands flat on the floor, bend your knees, feet flat on the floor and lift your buttocks; walk forward or backward.
- Dog/cat: walk in fours legs.
- Three-legged dog/cat: walk on your hands and knee.
- Giraffe: walk while keeping the body as straight as possible. Bear: leaning forward so that the hands touch the floor, legs and arms straight, buttocks pointing upwards (like a triangle).
- Seal: lie on your stomach, push on the ground to straighten the arms and lift the trunk while keeping your hips on the ground. Use your arms to drag the body forward.

- ✓ This activity can be used to a relay race, an exploration or a warm-up exercise.