

Animal Parade!

Fun Animal Walks

Children love to use their imagination when they play. What a wonderful idea to have children stretch and strengthen their bodies as they mimic imaginary animals. Each exercise teaches coordination, balance, stability, and motor control.

The Puppy Dog Walk

For this exercise, have the child place their hands on the floor with their knees bent but not touching the floor. Then, have them run forward.

The Crab Walk

Sitting on the floor with knees bent, feet flat on floor, hands flat on the floor and slightly behind the body. Lift hips off the floor and walk backwards.

The Duck Walk

To perform this exercise, the children should place feet slightly apart, bend their knees, and bend their body forward in a squat position. They should then place their arms on the inside of their legs and grasp their ankles with their hands. This is an advanced exercise.

The Mad Cat

Get down on hands and knees. The child round's their back as much as possible with a contraction of the abdominal muscles. Then the child arches their back.

The Ostrich Walk

The child stands tall and places their hands on their hips at the waist. Lift one knee up, then step forward. Alternate each knee up before stepping forward.

The Frog Hop

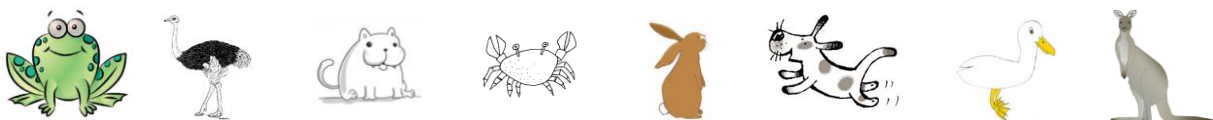
Have children place their hands on the ground in front of their feet and bend their knees keeping their hands on the ground. Reach forward with both hands and jump with both feet.

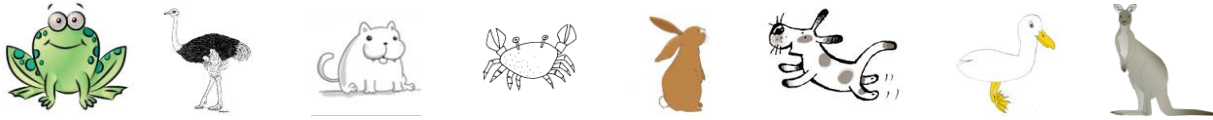
The Kangaroo Jump

Children should stand feet together and back straight and then leap as far as they can landing on both feet. Repeat.

The Giraffe Jiggle

Stand up tall with your feet firmly planted on the floor. Make sure your back is straight and upright. Reach arms over the head and slowly skip.





Flamingo Stand

Stand with your feet together and then slowly lift one leg. Stand on one leg as long as possible. Switch sides.

The Crocodile Crawl

Have children lay with their belly on the floor with their hands in front of them. Their legs should be stretched out. The child pulls self forward with their arms only, dragging their feet behind them.

Lizard Loopy Lou

Lay on the ground. The child pulls self forward by pulling with one arm and pushing with one leg. Keep creeping along the floor, alternating sides.

Inch Worm

Assume the push-up position. Now walk your feet towards your hands, keeping your hands in the same spot. Once your feet are as close to your hands as possible, keep your feet in place while walking your hands forwards, away from your feet. Repeat.

Bunny Bounce

Children stand with feet together, knees slightly bent and hands up near ears. Have them hop first on the right foot, then switch and hop on the left foot.

Elephant Walk

Put your fingers together and bend over slowly from a standing position. With your back straight, swing your arms back and forth like an elephant's trunk as you walk.

In conclusion, exercise can be fun and using animals can be a hoot!



References: Dauer, Victor P. and Pangrazi, Robert P. Dynamic Physical Education for Elementary School Children, MacMillian, 1989

