


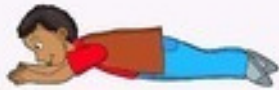




ANIMAL WALKS








Activity: Animal walks can be practiced to music, used in place of running or walking in traditional children's games or used in relay races.

Observations: *Body Awareness:* Can the child make postural adjustments to assume positions and maintain the various positions?

Motor Planning: Can the child copy the designated animal walk without physical cues?

Strength: Can the child maintain the postures and actually move in that posture?

<p>Bear</p> 	<p>Hand and feet (flat) on the ground, bottom up in the air, move forwards and/or backwards, moving arms and legs of same side simultaneously.</p>
<p>Snake</p> 	<p>Lying on stomach wiggle/slither to right and left, pulling with arms and pushing with legs. Keep stomach and pelvis low/on the ground.</p>
<p>Bird</p> 	<p>Stand on tiptoes and wave the arms slowly up and down. As the "wings" move faster, tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.</p>
<p>Bunny Hop</p> 	<p>Squat low on heels and place hands palm down on floor. Move the hands forward, and bring the feet forward between the hands with a little jump.</p>
<p>Kangaroo</p> 	<p>In a squatting position, jump forward fully extending your body in the air. Land in a squatting position.</p>
<p>Seal Walk</p> 	<p>With your feet pointing out, drag yourself around the floor with your arms.</p>

<p>Puppy Dog Walk</p> 	<p>Walk forward or backward with both hands and feet on the floor.</p>
<p>Crab Walk</p> 	<p>In a squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck, and body are in a straight line. Move around in this position, forwards or backwards.</p>
<p>Duck</p> 	<p>Do a knee bend. Place your hands around your ankles. Walk forward one foot at a time, but remain in the knee-bent position.</p>
<p>Elephant</p> 	<p>Bending forward at the hips, allow the arms to hang limp. Big lumbering steps should sway you from side to side as you walk, imitating an elephant and his trunk.</p>
<p>Inchworm</p> 	<p>Support the body by hands and toes, keeping body in a straight line. With hands remaining stationary, walk the feet toward the hands, taking tiny steps. Keep the legs straight. Next, keeping the feet stationary, walk the hands forward in tiny steps until the first position is reached.</p>
<p>Horses Galloping</p> 	<p>Gallop forward with hands held simulating grasp on reins. Change and lead off with opposite foot.</p>
<p>Horses Prancing</p> 	<p>Stand straight, with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee vigorously. Repeat in a rhythmical motion with forward momentum.</p>

Animal Walk Obstacle Course example:

