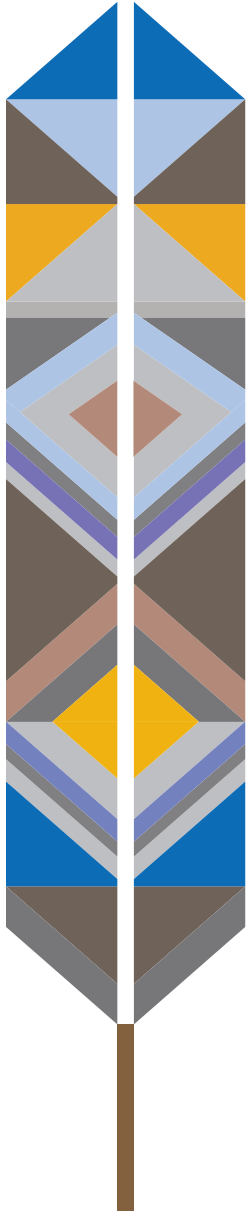


APPENDIX E



ANIMAL WALKS



APPENDIX E ANIMAL WALKS

Activity Sheet

- Rabbit: Hop 25 times on the spot.
- Frog: Jump sideways, across the width of the activity area.
- Marten: Stand, touch toes, put hands a foot or two in front of you, and jump to where your hands are placed. Repeat 5 times.
- Bear: Take big strides and walk 2 lengths of the activity area.
- Deer: Run as fast as you can around the activity area.
- Duck: Crouch, waddle and count to 10.
- Fox: Walk slowly, crouch, then run around the activity area 3 times.
- Turtle: Crawl on hands and knees once around the activity area. (Alternative, if scooters are available — students lie on their belly on top of scooters, and use their hands and feet to move).
- Dog: Run for 10 strides, stop and twirl two times, run for 10 more strides, and then twirl two times.
- Goose: Flap arms 10 times and run around the activity area.

