

## PHYSICAL EDUCATION LESSON ANIMAL WALKS

**EQUIPMENT:** Animal cards

**FOCUS:** weight bearing and locomotion

**ACTIVITY:** (15-18 min.)

**Organization:** The students will stand on a line on one end of the gym. The Students will explore weight bearing on different body parts through novelty walks.

### **Animal Walks:**

One student will draw an animal card. The student will act like that animal and the remaining students will have to guess which animal it is. After they guess the correct animal all students will do that animal walk until the teacher blows the whistle and a new card is picked.

1. **Snake Walk:** Lay on the floor and slither like a snake.
2. **Crab Walk:** Walk with both hands and feet on the floor with stomach facing up.
3. **Frog Jump:** Get in a squatting position and leap up and down on both feet and hands.
4. **Inch Worms:** lay on the floor and walk your feet up to your hands and then walk your hands out and continue to inch around.
5. **Chicken Walk:** Walk in a squatting position with your hands tucked under your armpits.
6. **Bear Walk:** Walk with both hands and feet on the floor with your stomach facing down.
7. **Penguin Walk:** Wobble around with feet together and arms done at your side with hands sticking out.
8. **Monkey Walk:** Walk with feet far apart and arms dangle at the sides. When walking sway from side to side.
9. **Bunny Hop:** Hop on two feet and put hands in front of you close to your chest.
10. **Elephant walk:** From standing position bend forward and let your arms hang down and clasp hands together to be the elephant's trunk.

**Body Built Numbers, Shapes and Letters:** This is a great cooperative activity that involves creating letters, numbers, and shapes. There are a variety of ways you can do this activity: (A) Ask students to use their whole group to form a shape (circle, triangle, square, etc.), letter, or number. (B) Have groups join together to form a word. (C) Have the class join together to form a sentence.