

3. Animal Walks

Description

Arrange pupils on their own spot marker within the playing space. Supply a second spot marker for each individual pupil to travel to, creating the animals trail. Invite pupils to move along their animal trail using the following animal walks:

- **Giraffe** – Start by stretching very tall. Walk with high legs and giant strides.
- **Elephant** – Start in the standing position and bend over with your hands held together. Keeping your back straight and parallel with the floor, hang your hands under your shoulders and swing them back and forth as you walk with straight legs across the floor.
- **Zebra** – Move forward with one leg in front of the other. Change leading leg and repeat.
- **Kangaroo** – Starting in the standing position, put both feet together and squat down. Jump as high as you can using only your feet, and no hands.

Equipment

- Spot Markers

Variations

- **Mirror the animals:**
Working with a partner, pupils try to mirror the action of their partner. Slow, conscious, deliberate movements are emphasised.
- Invite pupils to explore and identify new animal walks. Teach another pupil your new animal walk.

