



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Locomotion 1.3: Animal walk

3 - 5 year olds

TIME: 30 minutes

SKILLS: Jump, hop, skip, run, gallop

EQUIPMENT: Bean bags, hoops, music source, masking tape or skipping rope

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

Describe in 20-30 seconds what you will be doing today.

Explain any special safety rules for the session.

Warm-up: River Bank (5 - 6 minutes)

- Create a straight line on the floor using a skipping rope, masking tape, or an existing floor marking.
- One side of the line is the “river”, and the other side is the river “bank”.
- All the children start on the “bank” side of the line with the leader.
- When the leader says “river”, everyone jumps two-footed to the other side.
- When the leader says “bank”, everyone jumps two-footed back again.
- Continue like this for a short while, then mix up the instructions by saying “bank” when the children are already on the bank, and river when the children are already on the river.
- See how many children jump, and share a laugh with everyone!
- Don’t eliminate any children—simply ask the ones who jumped at the wrong time to go back to the correct side, and then continue playing

Activity 1: Animal Walk (8 - 10 minutes)

- Ask the children to spread out along one end of the activity space.
- *Who can show me how a [name of animal] moves?*
- Have one child demonstrate to the group and then rejoin the group.
- Ask the children to move to the other end of the activity space the way that animal would move.
- Animal suggestions:
 - » Horse - gallop
 - » Bunny - 2 foot mini jumps
 - » Kangaroo - tuck jumps
 - » Crab - palms and heels, belly up
 - » Dog - hands and knees
 - » Bear - hands and feet (no knees)
 - » Chicken/Duck - knees bent, flap elbows
 - » Monkey - knees bent, low arms, swaying
 - » Frog - leap from hands and feet
 - » Elephant - trunk swing, soft steps
 - » Bird - flapping
 - » Giraffe - on toes and stretching

TIPS FOR INSTRUCTION

- Ask the children to suggest other animals.
- Children can make the noise of the animals.
- Use music at different tempos to cue the activity

CUES

- *Heads up*
- *Look where you are going*

Activity 2: Move and Grab (8 - 10 minutes)

- Distribute a pile of bean bags at one end of the activity space.
- Children spread out along the other end of the activity space.
- Stand near the bean bags with two hoops next to you on the floor.
- Demonstrate a movement (e.g. hop) and then call out “Hop and grab”.
- The children must hop to the other end of the activity space, grab one bean bag, and place it in one of the hoops next to you, and then hop back to their starting place.
- Repeat the activity with different locomotion movements:
 - » *run*
 - » *jump*
 - » *hop*
 - » *gallop*
 - » *skip*
 - » *bear crawl*
- Variation: Ask the children to travel like the animals in activity 1.

TIPS FOR INSTRUCTION

- Emphasize it is not a race
- Children should sit during the demonstration

CUES

- *Heads up*
- *Look where you are going*

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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