

OVERVIEW

DURATION	5 mins
AGES	3 - 9
PACE	5.60 - Moderate jog
RPE	4.0 - Somewhat Hard
MILES RATING	0.47
STAGE(S) OF ATHLETIC DEVELOPMENT	Active Start (Age 0-6) FUNdamentals (Age 6-9)
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Fundamental Movement Skills Locomotor: Galloping, Jumping, Running, Walking
ENVIRONMENT	Field, Gym, Track
CAN BE USED AS...	Game / Activity, Warm-up
SHAPE America Standards:	Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. <ul style="list-style-type: none">• S1.E1 Locomotor: Hopping, galloping, running, sliding, skipping, leaping• S1.E2 Locomotor: Jogging, running• S1.E8 Nonlocomotor (stability): Weight transfer• S1.E10 Nonlocomotor (stability): Curling & stretching; twisting & bending

Participants practice various locomotor movements while pretending to move like various animals.

Setup

- Have participants spread out at one end of the playing area.



Instructions

- The teacher calls out the name of an animal (snake, monkey, elephant, giraffe, frog, cheetah, rabbit, lion, flamingo, etc.).
- Participants then move toward the opposite end of the playing area performing the animal movement.

Cues

- It's not a race.
- Try to be the best animal you can!
- Watch out for others.