













Animal Movements and Exercises to Keep us Fit and Active



Movement is very important for our Physical and Mental Wellbeing

Try some of the Animal Movements below in your home or garden.

Cut a piece of paper into 12 pieces and number the pieces 1 – 12. Shuffle the pieces of paper, select one of them, check the number and match the number with one of the Animal Movements below. Use a timer for each activity between 30 seconds and 1 minute.

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|---|---|--|
| <p>Shuffle like a Penguin</p>  <p>1</p> | <p>Gallop like a Horse</p>  <p>2</p> | <p>Wiggle like a Worm (on the ground)</p>  <p>3</p> |
| <p>Move slowly like a Snail (on the ground)</p>  <p>4</p> | <p>Crab Crawl Backwards (on the ground)</p>  <p>5</p> | <p>Flutter like a Butterfly</p>  <p>6</p> |
| <p>Slither like a snake (on the ground)</p>  <p>7</p> | <p>Jump like a Kangaroo</p>  <p>8</p> | <p>Climb like a Monkey</p>  <p>9</p> |
| <p>Pounce like a cat (on the ground)</p>  <p>10</p> | <p>Hop like a Frog (on the ground)</p>  <p>11</p> | <p>Creep like a Spider (on the ground)</p>  <p>12</p> |

Animal Movement Activities with a Partner

-  In pairs one partner selects a piece of paper (1 – 12) hides it, shows the animal movement and the partner guesses what the animal is. Swop over after 2 activities.
-  In pairs one partner selects an animal movement, shows the movement, the partner copies it and they swop over after each activity.