

## READY

### EQUIPMENT:

NONE

### SET-UP:

When creating stations space cones far enough apart so students can remain 6 feet away from each other for the duration of the activity. Insert the Move Like an Animal activity sheets into the Task Tents, 1 sheet per tent, to create a total of up to 8 stations. You may want to number each station to help guide students.

**NUMBER OF PLAYERS:** 8-12

**TIME:** 15 MINUTES +

## EXPLAIN

- Gather up! Make sure we are standing 6 feet apart from one another.
- A wacky wizard has turned us all into animals, and we must convince the other animals that we are one of them! To do that, we must move like the animals!
- All around the room there are animal stations with a task tent. In each task tent there is a card with a description and illustration of the animal you'll need to become.
- You will have 60 seconds at each station. See how long you can move like that animal!
- After the 60 seconds, everyone will transition to the next station.

### ✓ For Understanding:

- *How long do you have at each station?*
- *How will you know it's time to switch stations?*

### GAME TIP:

- Make sure there are enough activity stations so there are never more than 2-3 students at a station, and ensure there is always enough room for students to be 6 feet away from one another.

### CONFLICT RESOLUTION TIP:

- If students are having a hard time at any particular station, offer bunny hops as an alternative to ensure they're getting their heart rate up.

### OUTDOOR TIP:

- Change the movement of the circle.

## PLAY → REP IT OUT!

- **EASY:** Make the noise like the animal as you do their movement!
- **MEDIUM:** Increase how long students are at each station.
- **HARD:** With tape, create a 20 ft. long line at each station and have students move like the animal up and back along the line.

**CATEGORY:**  
 CIRCLE

### ENVIRONMENT:

AUDITORIUM  
 CAFETERIA  
 GYMNASIUM  
 HALLWAY  
 PLAYGROUND

### GRADES:

K-8

### FITNESS FOCUS:



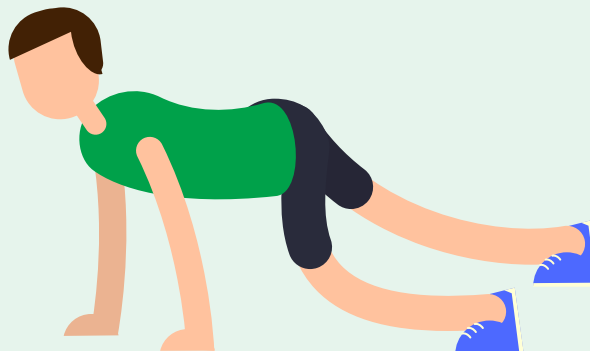
### BACK-UP GAMES:

ALIEN  
 RED HANDED  
 RING BLING

# BEAR CRAWL

Start on your hands and knees. Gently lift your knees 1 to 2 inches off the ground. Travel by crawling like a bear, keeping your back flat with your knees bent and close to the ground. Move forward, backward, and sideways.

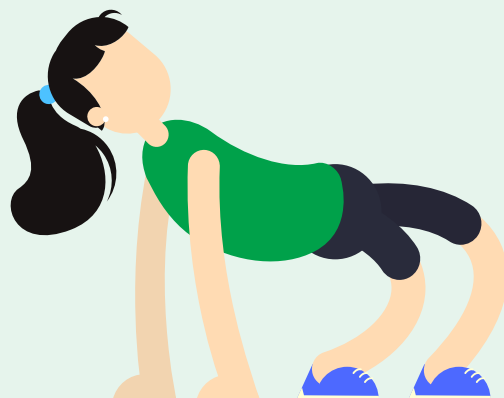
*Need more of a challenge? Eliminate one leg or arm!*



# CRAB WALK

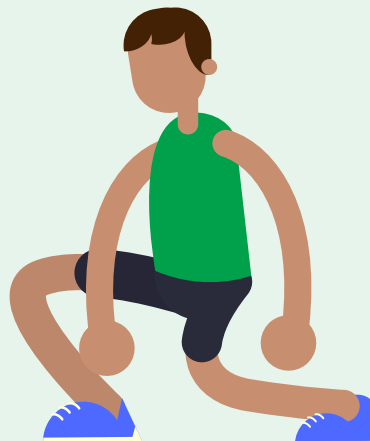
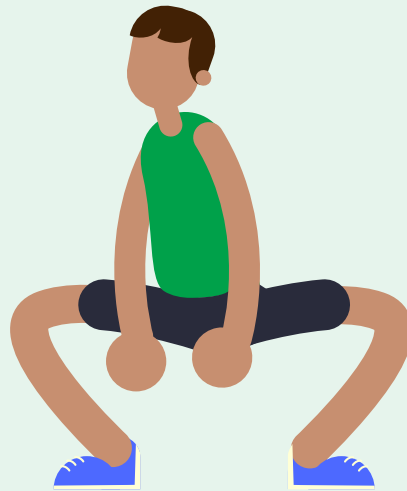
Start on your bottom with your hands behind your back and legs bent at the knees. Lift your bottom off the ground. Move forward, backward, or sideways like a crab.

*Need more of a challenge? Add toe touches! Keeping your bottom off ground, reach a hand across to the opposite foot, and repeat on other side.*



# GORILLA WALK

Start in a deep squat with your hands between your legs on the ground like a gorilla. Stay in deep squat as you travel in any direction to build strength and flexibility. Swing your arms while you travel!



# BUNNY HOP

Keep two feet together and hop across the room like a bunny.  
This exercise will get your heart rate up!



# FROG JUMP

Start in deep squat with your hands on the ground. Jump up as high as you can with your hands and feet leaving ground at the same time. Land and return to your starting position.



# INCHWORM

Start in a standing position. Bend forward, lower your hands to the ground, and keep your feet still as you walk out to a plank or raised push-up position.



# ALIGATOR CRAWL

Start on your belly, staying as low to the ground as possible. Alternate using your right arm and left leg and left arm and right leg to move forward. This builds total-body strength.





# SEA CRAWL

Start in the cobra yoga position—legs on the ground, pushing belly and chest off the ground with hands on the ground at your sides. Crawl using only your hands, keeping your belly and chest off of the ground, dragging legs behind to build strength.



# DINOSAUR WALK

With your knees high, stomp like a dinosaur to release your energy. The higher you can get your knees, the better!

