

Move and snooze like an animal

Learning Intention

We are moving our bodies in different ways to copy the way that animals move in the wild, to work on our balance and agility.

Introduction

We are going to move our bodies in the way as the animals at the zoo. The animals need to move and play to stay healthy and active, just like us. We're going to try to copy the movements of a range of species.

Warm up

Walking in a circle around the room or hall, with pauses to stretch –

- ◆ Penguin – feet apart, wings spread out, beak (nose!) reaching up as high as possible
- ◆ Lion – kneel on all fours, walk hands as far forward as possible, then walk hands back
- ◆ Chameleon – with one hand and foot on the ground, stretch the other leg and arm out and sway gently – just the way a chameleon mimics a swaying branch on a tree. Repeat with other limbs.

Main Activity

Can you move like a crocodile?

- ◆ On all fours, arms and legs out to the side not under the body!
- ◆ Bending body side to side with each pace.

Prowl like a cheetah

- ◆ Low to the ground, shoulders rising
- ◆ Reach hands as far forward as possible
- ◆ Pause mid-stride, with one foot raised



Wave like a gibbon

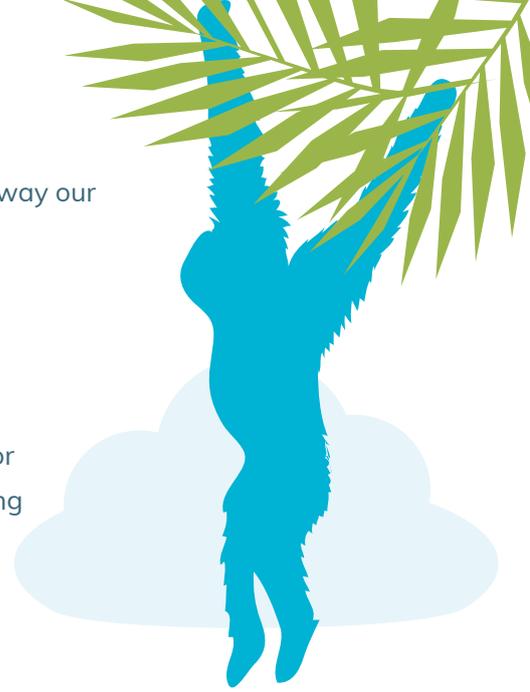
- Hold your hands above your head
- Walk as though along a rope, waving your arms to balance – this is the way our gibbons walk if they have to descend to the ground.

Move on all fours like a baboon

- Moving together in a small group, all following one leader
- Stop and sit to forage and eat, then move forward again.

Look strong like a gorilla

- With partners, facing each other – one partner to lead, the other to mirror
- Gorillas will shuffle sideways, backwards and forwards on all fours during confrontations. It's all about making yourself look big, to avoid a physical fight, so tense your muscles, make yourself as wide and tall as you can (while on all fours), and frown!
- Occasionally, male gorillas will rise up on their back legs and drum their chests with their fists



Run like an ostrich

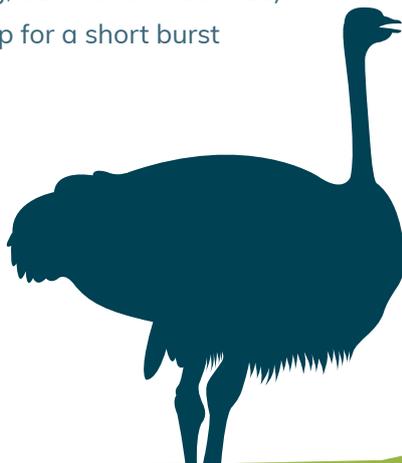
- Hands on your hips
- Run around the room, taking as big steps as you can
- Careful now, you don't want to bump into another bird!

Bound like a king colobus monkey

- When playing, king colobus bound by moving both hands and then both feet
- On all fours, move your hands forward
- Then bring both feet forward
- See if you can bound a few paces in a row – one of our monkeys holds the tip of his tail in his mouth, just to make the moves more difficult!

Hop like a kangaroo

- Feet together, hands up by sides
- Small hops at first (kangaroos use their tails for support when moving slowly, browsing, but we can't do that!)
- Big hop after hop for a short burst



Cool down – rest like an animal

Balance on one leg like a flamingo – stand on one leg, with arms tucked in and the other leg bent up. The full position is really difficult: stand on one leg with your head tucked under one wing and eyes closed! Tuck your head under your wing like a penguin – stand with legs apart. Tuck head under one wing (arm), then the other. Which is more comfortable?

Curl up in a pile with your group like a meerkat! They will sleep in any position – curled up, flaked out on their tummy, legs in the air, bottom in the air – but they will often cuddle up as a group.