

Animal Walks

Frog Jump



- Key Points**
- Squat down like a frog
 - Jump as high as you can
 - Repeat this across the room

Bear Walk



- Key Points**
- Extend legs straight
 - Head down

Crab Walk



- Key Points**
- Bottom up for level stomach as the child is able
 - Feet under knees

Caterpillar Crawl



- Key Points**
- Start in downward dog
 - Walk hands out to plank
 - Walk feet up to downward dog

Kangaroo Jump



- Key Points**
- Feet together
 - Hands to chest
 - Small jumps with both feet
 - Jumps with hands stationary