

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Animal Walk

Game Description:

Great warm up activity for little ones!

Objective:

Act like the animal.

Game Rules:

Ask a random child what their favorite animal is. Have the entire group of children move like that animal to the other side of the room. For example, my favorite animal is a giraffe. Lets all walk on our tippy toes really tall. Once to the other side, ask another child what their favourite animal is. Repeat until every child has a turn. This game works best if the leader says their favorite animal first.

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Gallop
Hop
Jump
Rhythm
Skip