

Gymnastics: Animals Activities

1. Practise carrying things safely. Try something light and easy to lift like an empty box or a large ball. Stand in front of it with your feet slightly apart. Bend your knees and pick it up. Straighten your legs to stand up. Carry the object carefully, holding it close to your body and then bend your knees again to place it back down on the ground. Try it again with something else. You could try carrying something bigger (but not too heavy) with a friend. See if you can carry it by yourself walking backwards.



2. Pretend to be a bouncing bunny. Bounce on the spot. Then bounce around. Can you make your bounces higher so that you are jumping? Try jumping onto or over small things like soft toys, mats, skipping ropes or hoops. How far can you bounce? Remember to bend your knees and your ankles. You could lay out a bouncing obstacle course using the carrying skills you have practised.



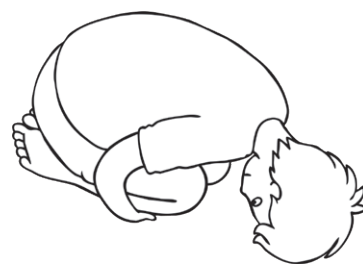
3. Try moving like different animals. You could gallop like a horse, leap like a frog, hop or skip like a rabbit or tiptoe like a mouse. Try moving at different speeds. Are different types of movements better for going fast or slow? You could have a race with some friends and see which animal wins.



4. Make a long thin shape. Now make a wide shape. Jump up as high as you can. What shape do you make? Jump as far as you can. What shape do you make? Can you jump and make a wide shape? Try making a different shape each time you jump.



5. Curl up in a ball and roll from side to side. Can you roll over on your side from your front to your back? Now stretch out into a long thin shape and roll over and over. Can you roll over and into one of the shapes you practised making last time? Try again.



6. Pretend to be as many different animals as you can. Try galloping like a horse, jumping like a frog and landing and rolling like a hedgehog. How many amazing animal combinations can you make up?

