

GYMNASTICS – ANIMAL WALKS

1) Starting from where the learner is:

The teacher tells a story of visiting the zoo

Can you name a few zoo animals?

Which of these move around on four legs? Does their body touch the ground?

Can you name those that move around with their bodies touching the ground? Do they have legs?

How do you think they move if they don't have legs?

2) Intention:

To practice ways of moving (travelling) using hands, feet and alternate feet by performing animal walks

3) Success criteria

Able to perform a variety of animal walks. (low and high body positions)

Move using hips

4) Activity

Can you move in different ways? no running or walking eg. bunny jump, frog jump,

Can you move on hands and feet facing downwards? Eg. bear walk

Can you move on hands and feet facing upwards? Eg. crab walk

Can you move with feet near the floor? Eg. crocodile walk

Can you perform animal walks in different directions? Eg. forward and backwards

Can you choose two ways of travelling on hands and feet and link them to make a short movement phrase which you can remember?

5) Questions

Can you notice any difference between simply walking forward and walking on balls of feet?

Do you think that animals walking on all fours find it easier/harder to travel compared to those walking with feet touching the ground? Why?

What is your body position like while performing the animal walk? Why?

6) Feedback

Good. You kept your hips raised during your bear walk. Lengthen your hands and feet for a neater performance.

7) Self Assessment

Did you manage to perform all the walks we did today?

Is there a reason why you found some animal walks easier/harder than others?

Did your "stepping" come from the hips?

7b) Peer Assessment

Matthew, can you show us what you are doing? Let's try it!

Can you tell us how you are managing to keep your hips raised and upper body still?