

Animal walks exercises

Animal walks are simple, fun exercises in which children pretend to move like the chosen animal. Animal walks can be used as part of an obstacle course, game, warm-up/preparatory activity etc. Some benefits of animal walks include: improve body and hand strength; allow for weight bearing; improve bilateral coordination; improve fine and gross motor skills and improve spatial awareness.

Kangaroo jumps – jumps two feet together with hands together in front, start on spot and progress to jumps forwards



Bear walk – on hands and feet, encourage slow walk forwards



Dog walk – crawl on hands and knees, encourage to go slowly – try balancing a beanbag or teddy on back

Crab walk – on hands and feet with tummy lifted upwards, start going backwards progress to sideways walks or forwards



Crocodile crawl – commando crawling - tummy stays on floor use arms and legs alternately to push self along floor



Frog jumps – move from crouched down to leaping forwards landing on both feet

Bunny jumps – staying down in crouched position (see picture), lean on hands and jump feet forwards to hands and repeat, moving around the room



Seal – log rolling with long arms and legs



Giraffe walks – walking slowly up on toes and hands stretched above head



Snail – sit with legs out straight and move self along floor without using hands



Flamingo – standing on 1 leg to balance



Duck walks – crouch down low and walk forwards with arms moving in/out at side of chest like a duck

