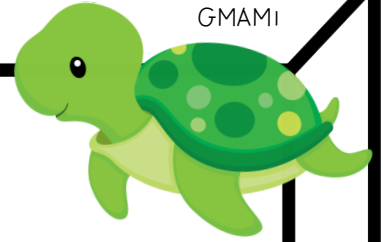
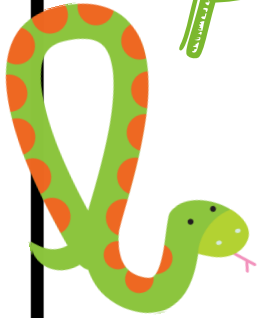


Color Version



Animal Walk Posters



Instructions



1. Print posters on card stock, heavy paper, and/or laminate.
2. Animal walks can be used as part of an obstacle course, game, warm-up/preparatory activity, etc.
3. Student must read the poster and complete the "walk" or action of that animal.



Bird Flap



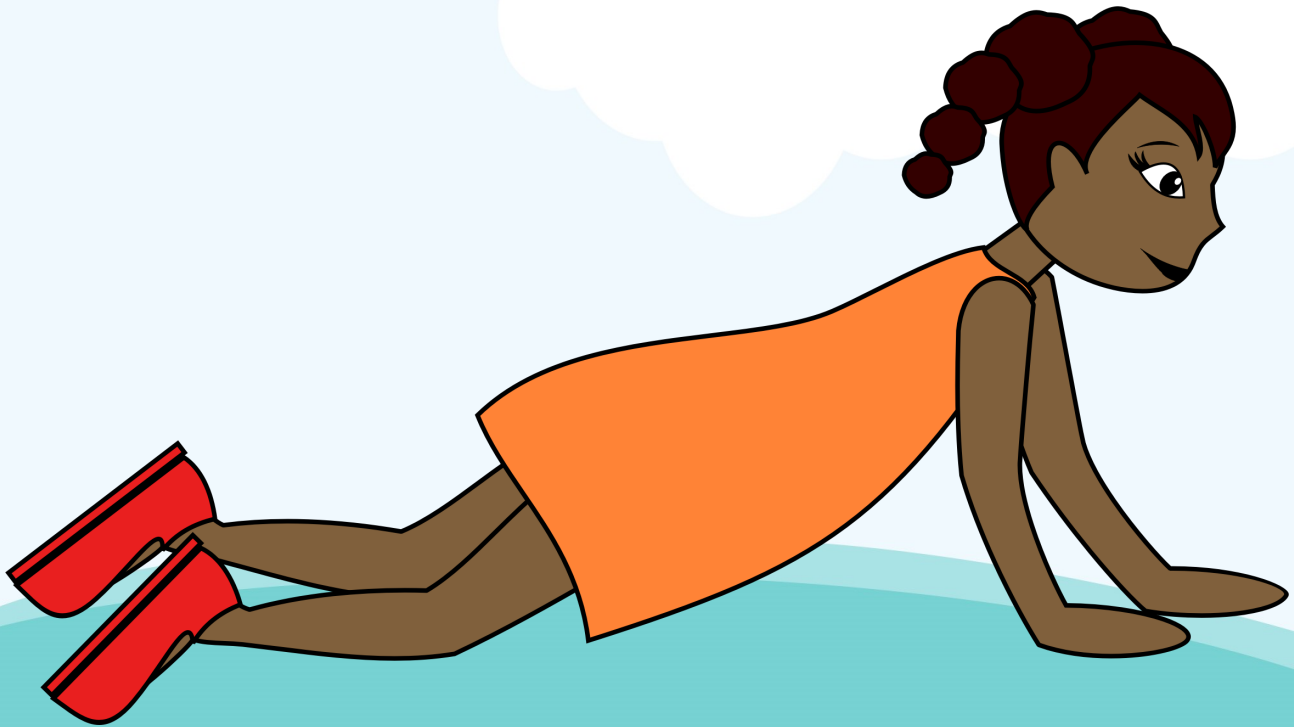
1

Place your hands on your hips and bend your elbows.

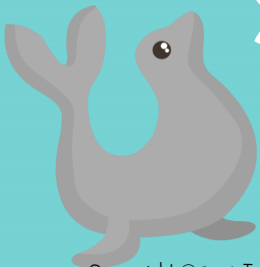
2

Move your elbows back and forth to flap your wings!

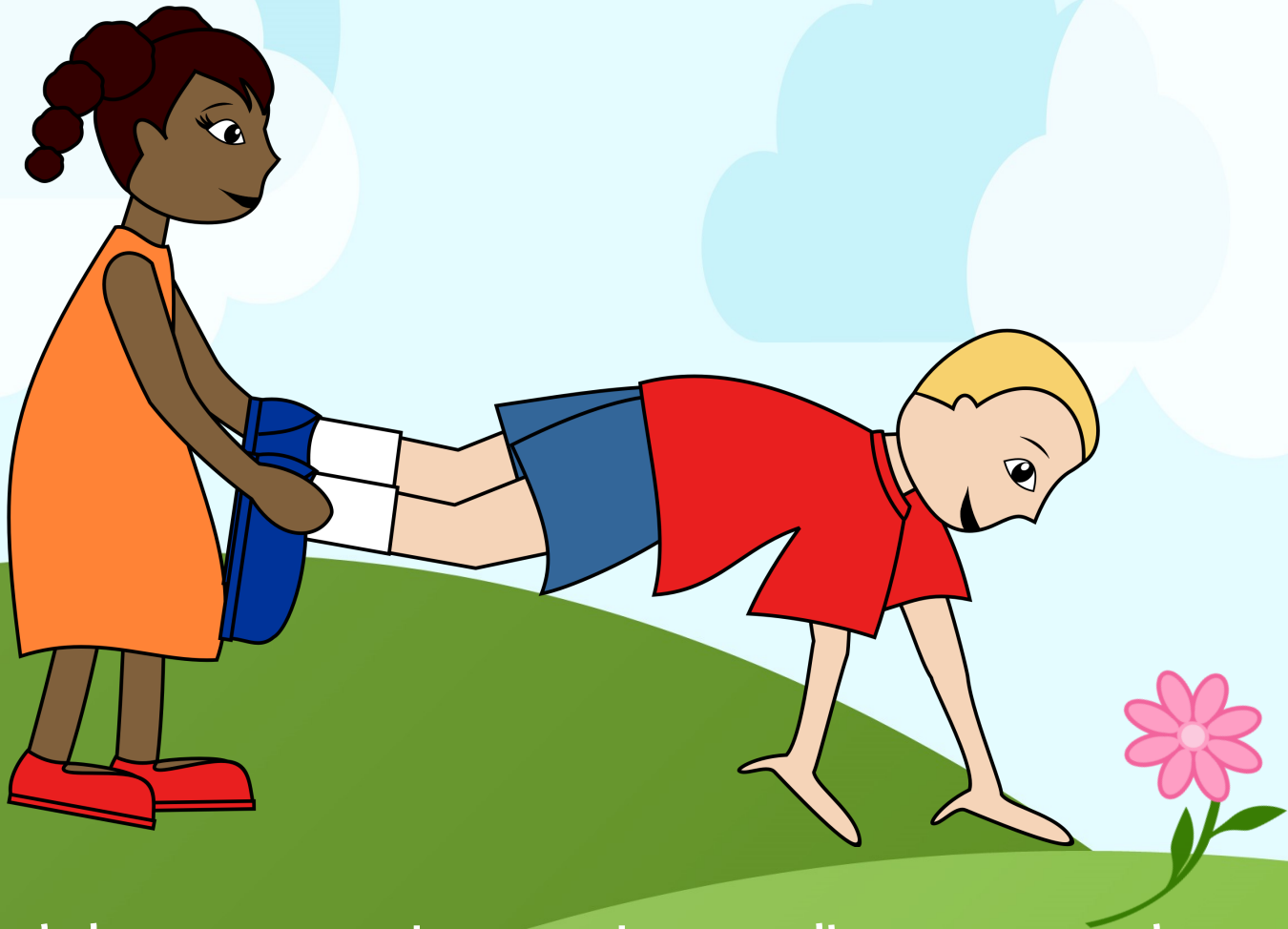
Seal Walk



- 1 Lay on your stomach on the floor.
- 2 Push up your body with straight arms.
- 3 Move forward with your arms while you drag your feet.



Wheelbarrow Walk



1

While on your knees, keep elbows straight and place your hand on the floor.

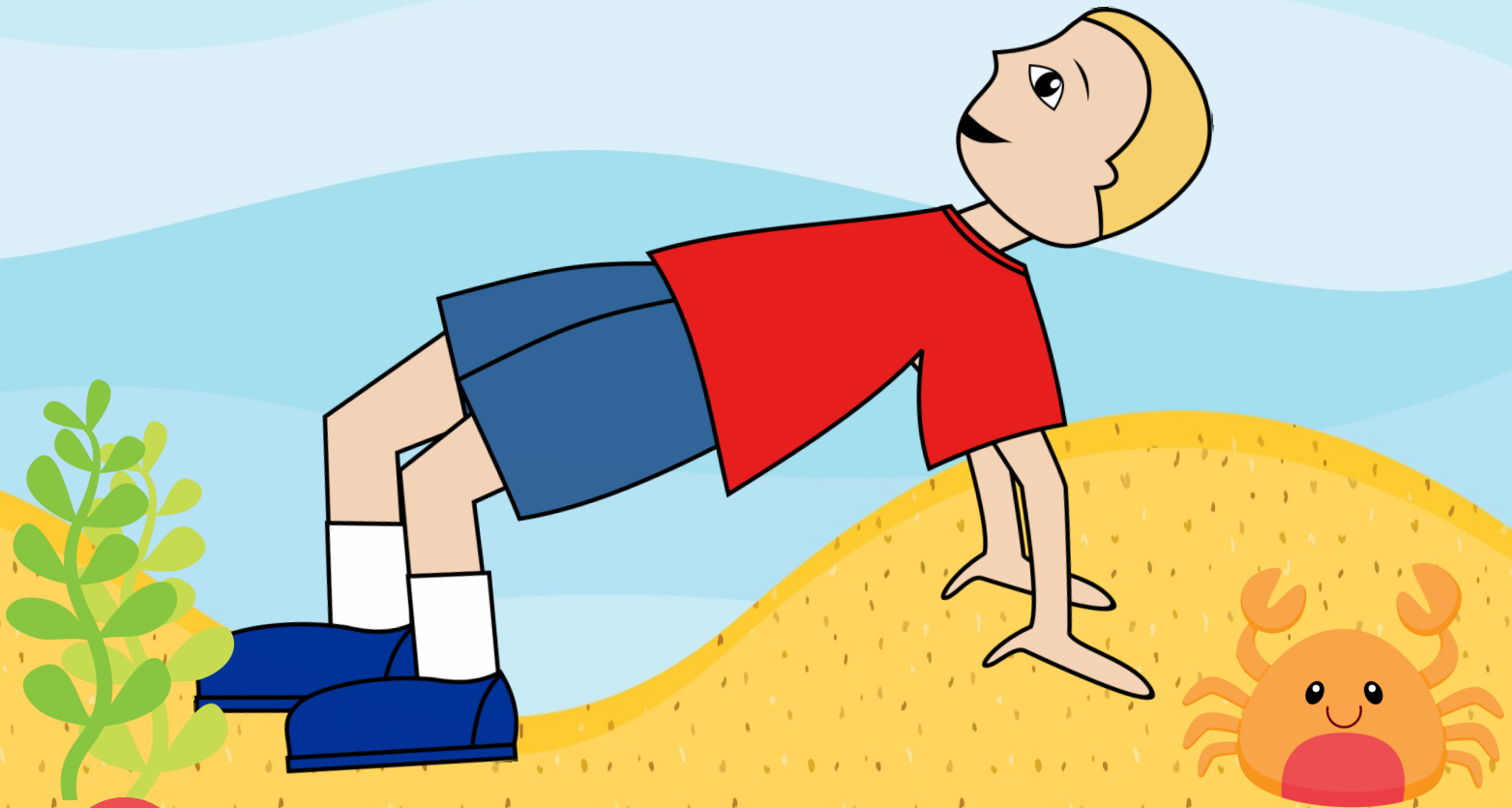
2

A person will pick up your feet by holding your ankles while you walk forward with your hands.

Note: The person may need to hold your knees.



Crab Walk



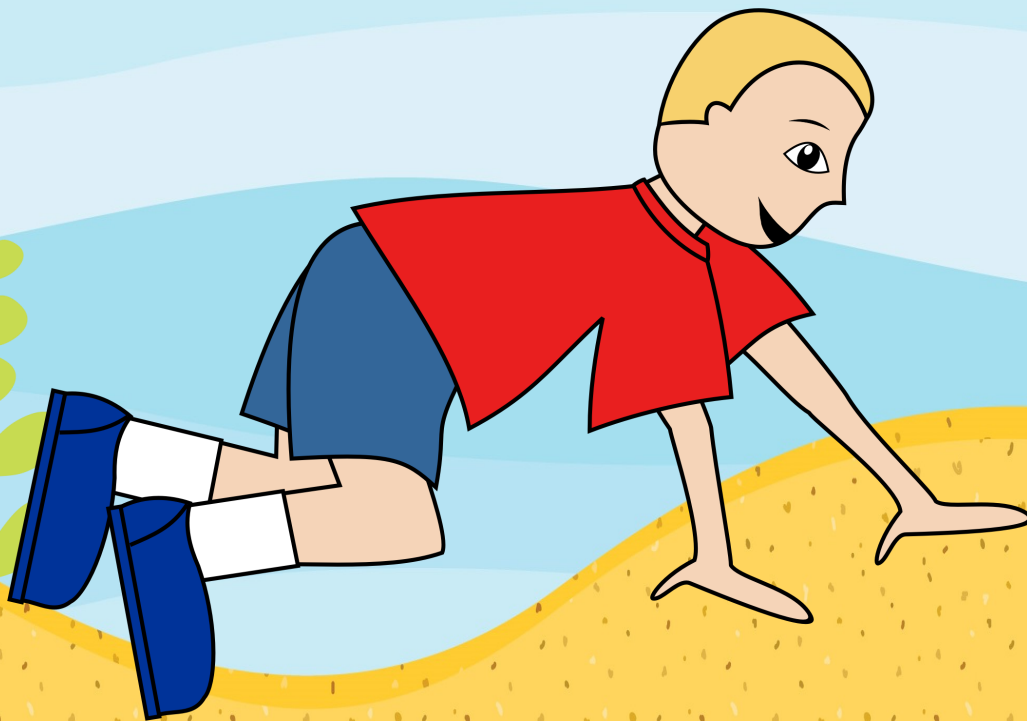
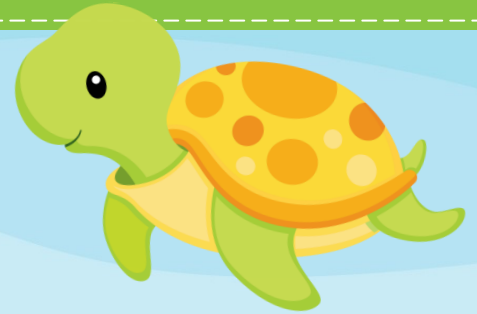
1 In a squatting position reach backwards with your arms and put both hands flat on the floor behind your.

2 Raise up bottom until your head, neck, and body are in a straight line.

3 Move forward, backwards, or sideways.



Turtle Walk



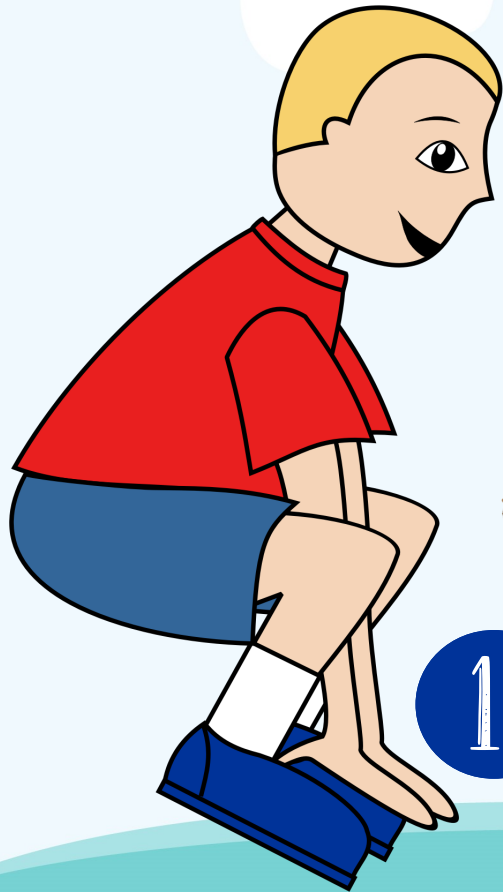
1 Kneels on all fours.

2 Slowly move your right arm and left leg at the same time.

3 Next move your left arm and right leg at same time.



Frog Jump



1

Squat down like a frog with your hands in-between your knees.

2

Push off with your feet to spring forward.



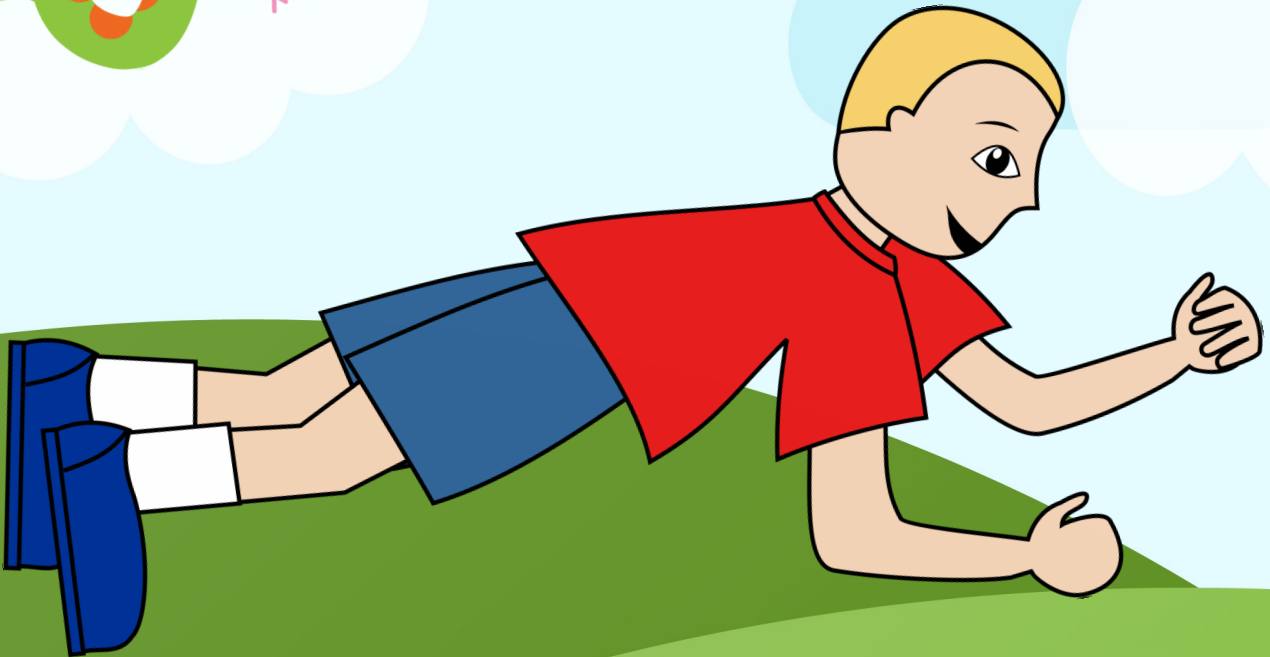
Bear Walk



- 1 Bend forward to place hands on floor.
- 2 Move right hand and right foot at the same time.
- 3 Move left foot and left hand at the same time.



Snake Walk



1

Lay on your stomach on the floor.

2

Bend your elbows and keep your legs straight.

3

Move yourself forward with your elbows while your legs slither.

Gorilla Walk



1

Bend forward and hang your arms down.

2

Swing arms side to side while moving forward with knees slightly bent.

Rabbit Walk



1

Squat down to touch the floor with your palms flat.

2

Move hands forward and quickly follow with your feet to hop.



Giraffe Walk



1 Get up on your toes.

2 Raise both arms straight above head, resting one hand on top of the other.

3 As you move forward on tippy toes, move arms back and forth.