

# ANIMAL WALKS



## **Crab walk:**

On all fours with belly facing the sky. The aim is to make sure that your back is straight and your bottom does not touch the floor.



## **Frog jump:**

Crouch on the floor with your feet together and your knees apart, with your hands on the floor between your legs. Jump up and make your legs nice and straight!



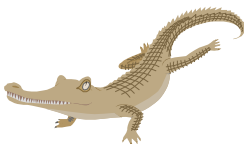
## **Kangaroo jump:**

Bend your knees and bend elbows so that your hands are near your chest. Jump up on your toes keeping your back straight!



## **Duck waddle:**

Crouch on the floor with your feet and knees apart, tuck your hands under your arm pit and waddle like a duck!



## **Commando crawl:**

Keep your chest close to the ground and elbows up like you're doing a push-up, move forward with opposite hand and foot, like your crawling in the army.



## **Bear walk:**

Walk bent over on all fours. Move right hand and right foot, then left hand and left foot.



## **Wheelbarrow walk:**

Walk on your hands and have someone hold your legs out straight behind you.



## **Bunny hop:**

From a squat position with your hands on the floor, place your weight on your hands and hop forward with the legs; move the hands forward and repeat.