



## **Animal obstacle course**

This one is a get on your feet, have some fun, learn how animals move activity. You can pick any animals you want for this. Think of your favorite animals or maybe talk to your child about animals that live in specific habitats (only animals that live in a forest or ocean) or in a specific country (only North American animals, or African animals), or maybe only birds, or only mammals.

Now figure out how each animal you picked moves. Practice vocabulary- not everything just walks. Be specific, does it scurry, prance, gallop, run, crawl? Does it fly or soar? Try to be really specific to mix it up and make it interesting. Remember even an animal that “just walks” can be fun because your obstacle course can have it walk along a squiggly line or up steps. If your outside you can use chalk to draw the course or utilize objects like rocks or branches to jump over, or maybe crawl under. A hopping animal can hop a specific number of times or a certain distance.

Below are examples of different method animals move.

- Eagles and other large birds- soaring (arms straight out and gliding forward)
- smaller birds- flying (flapping arms)
- Horses- prancing or galloping
- frogs, rabbits, grasshoppers - jumping forward from back legs
- turtles, move slow or sit (they can sit for the count of 10 for example which is useful if they just flew in circles or ran fast)
- elephants, rhinos, other large land animals- stomping
- mice, chipmunks- scurrying (fast and precise, maybe have them follow a narrow walkway or straight line)
- fish- swimming (either by making swimming motions with their hands or maybe by wiggling across the floor if inside)
- snake, worm- slithering (wiggling across floor)
- cats- walking on all fours or pouncing forward
- snails, sloths- move in slow motion
- butterfly- flying in erratic, back and forth ways
- kangaroo- jumping forward
- monkeys, apes- swing from tree branches (or can simply swing around a pole or banister)

Be silly, be active, and have fun!