



Animal Walks

Health & PE – All Grades

Instructions:

Students walk like different animals at circuit stations.

Materials:

- Cones (1 per station)
- Choose a number of different animal walk activities (bear walk, crab walk, frog jump, 3-legged dog, etc)
- Music and player

Instructions:

1. Create the circuit by placing cones around perimeter with at least 15 paces between stations.
2. Place a card on each cone explaining the activity at that station.
3. Disperse students equally among stations.
4. Describe and have students demonstrate all activities. Describe the rotation between stations.
5. When the music is on, have students imitate the animal at their station. When the music is off, rotate to the next station.
6. Continue until the stop signal.

**** Lesson Enhancement:** Have students replicate this activity at home, then have them share how they did the animal circuit instead of watching TV or playing video games.