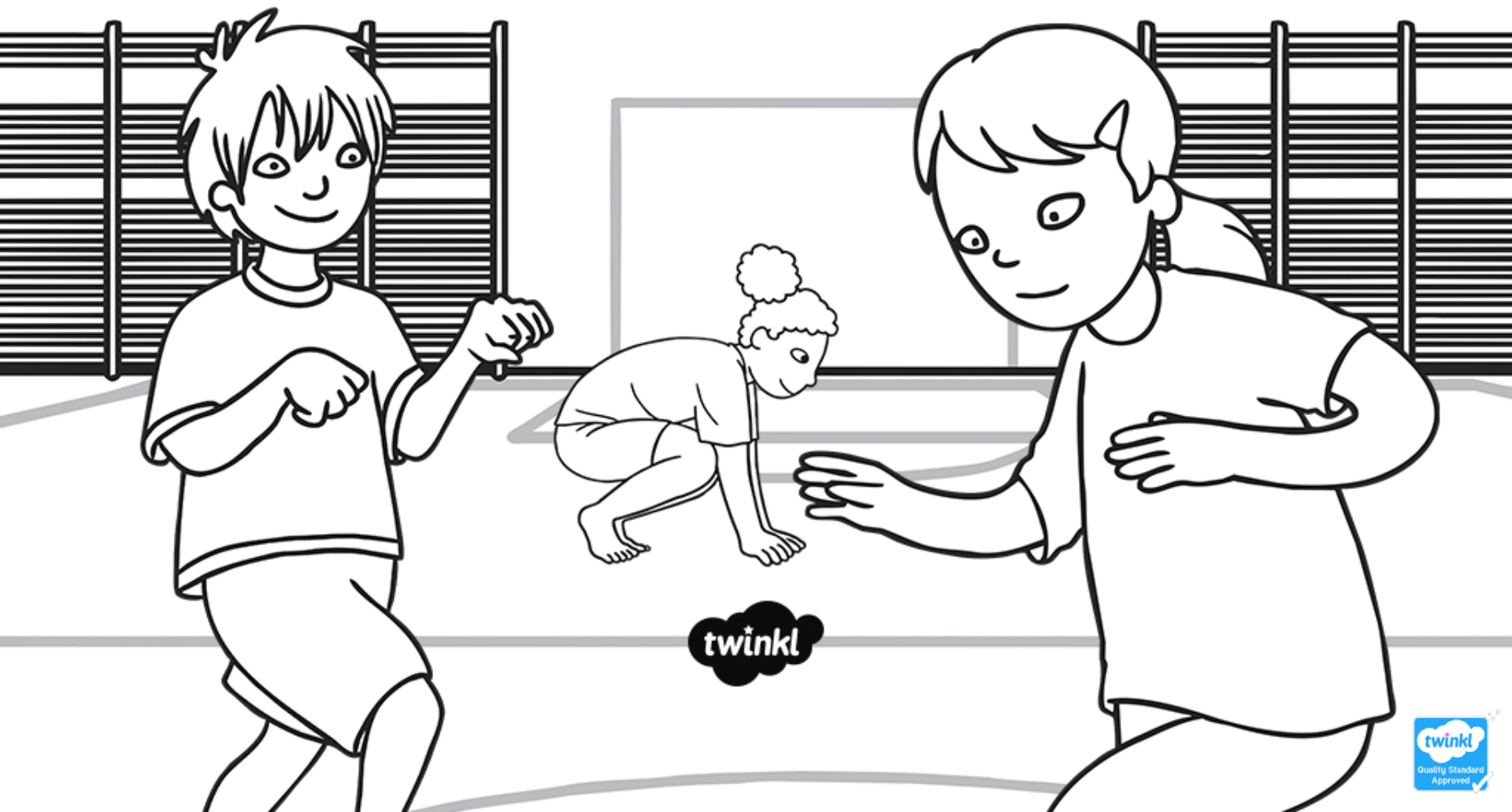


At the Zoo



twinkl

Aim

- I can travel at different speeds and levels.

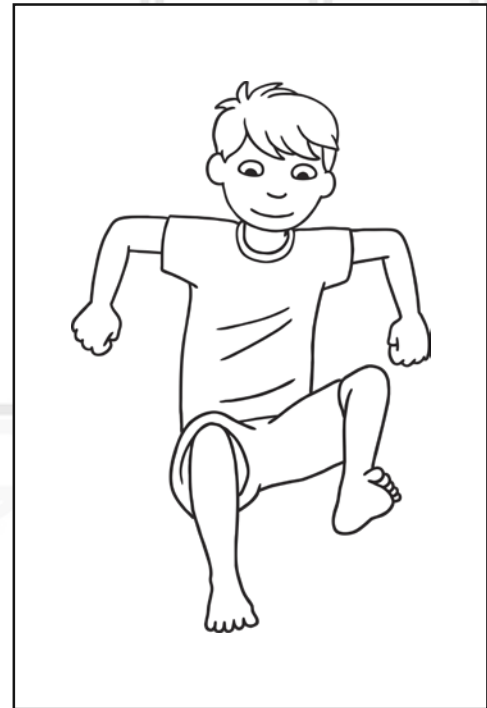
Success Criteria

- I can travel in different ways.
- I can change my speed from fast to slow.
- I can match the type of movement I use with the speed I am travelling at.
- I can travel high and low.

Warm-Up



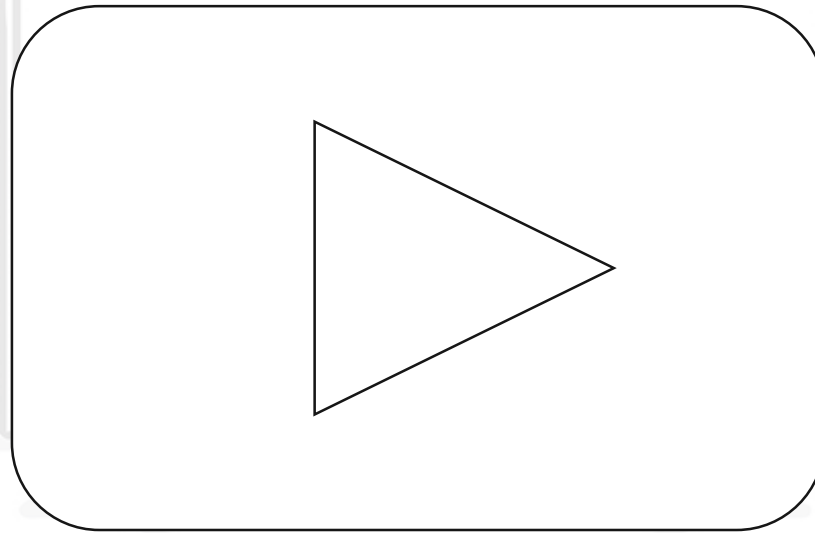
② How does your body feel before we exercise?



Watch



Click the play button to watch these animals moving.



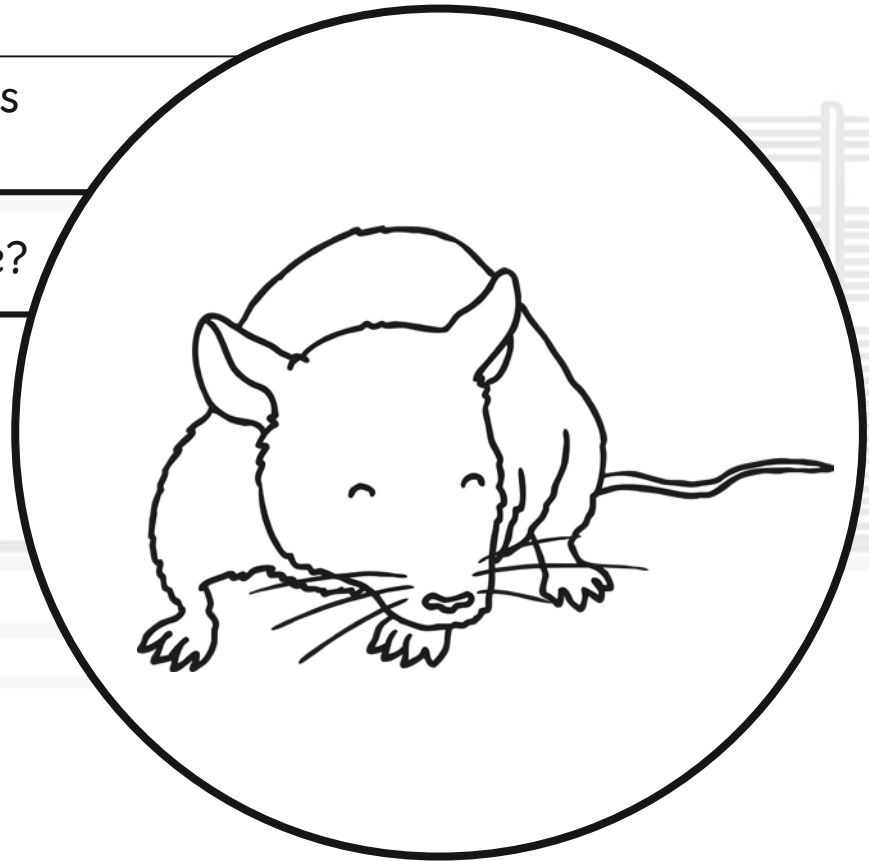
② Can you move like that?

Tiptoeing

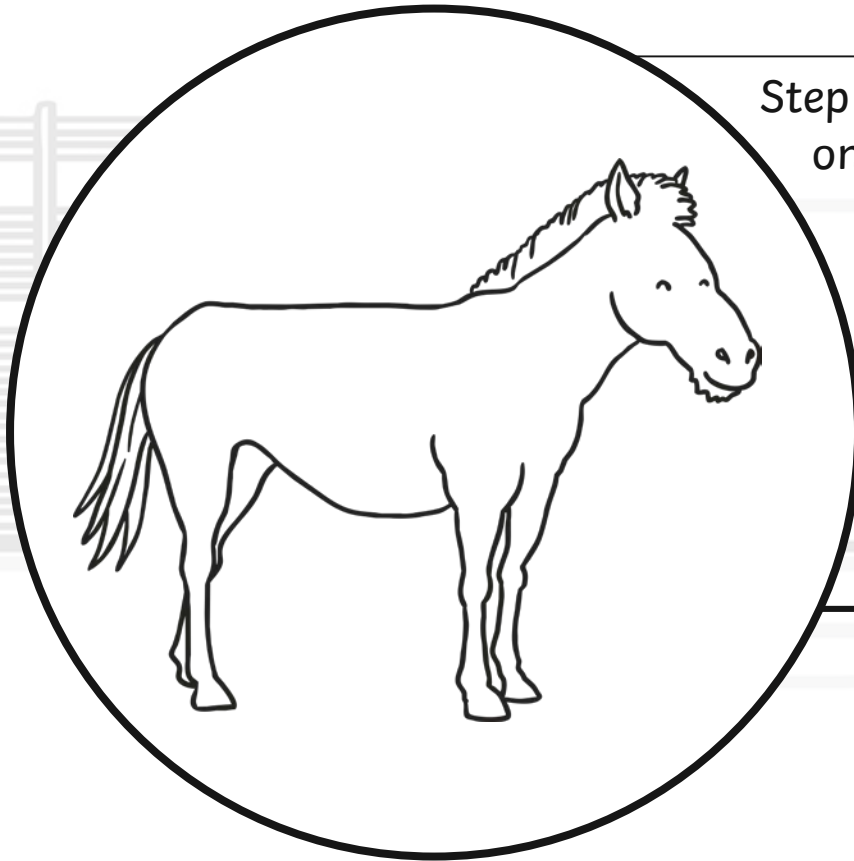


Remember to tiptoe on the balls of your feet. Go lightly!

② Can you tiptoe like a mouse?



Galloping



Step forward and move your weight on to your back foot with a small jump. The front foot then steps forward again. The same foot stays forward the whole time you are galloping. Keep your arms at shoulder height.

❓ Can you gallop like a horse?

Skipping



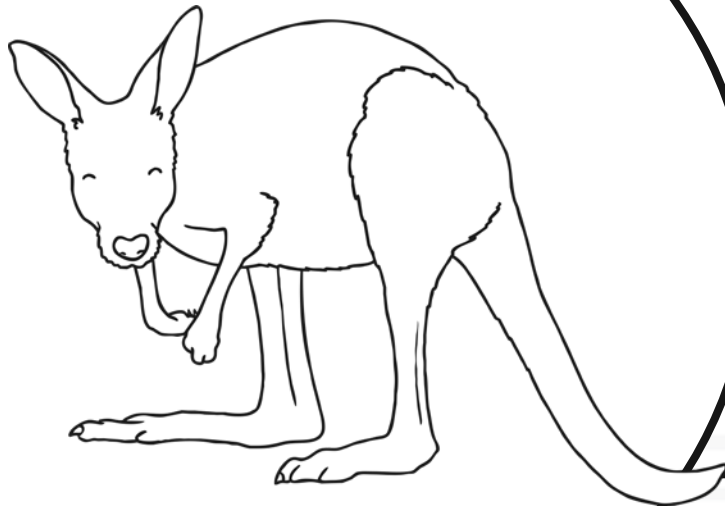
Start hopping on one foot. Land on the ball of the foot and bend your knee. Swap over. Next hop forward 3 steps on one leg and then back again on the other leg.

Now hop forward and then step forward with the other foot. Hop with that same foot and step forward with the other foot. When you feel confident speed it up to a skip.

❓ Can you skip like a lemur?



HopScotch



Stand with your feet hip distance apart and bend your ankles, knees and hips. Jump forward landing on the ball of one foot with your knee bent. Jump forwards from one foot to two feet. Land with feet hip-distance apart and on the balls of your feet.

❓ Can you hop like a Kangaroo?

Aim

- I can travel at different speeds and levels.

Success Criteria

- I can travel in different ways.
- I can change my speed from fast to slow.
- I can match the type of movement I use with the speed I am travelling at.
- I can travel high and low.

