

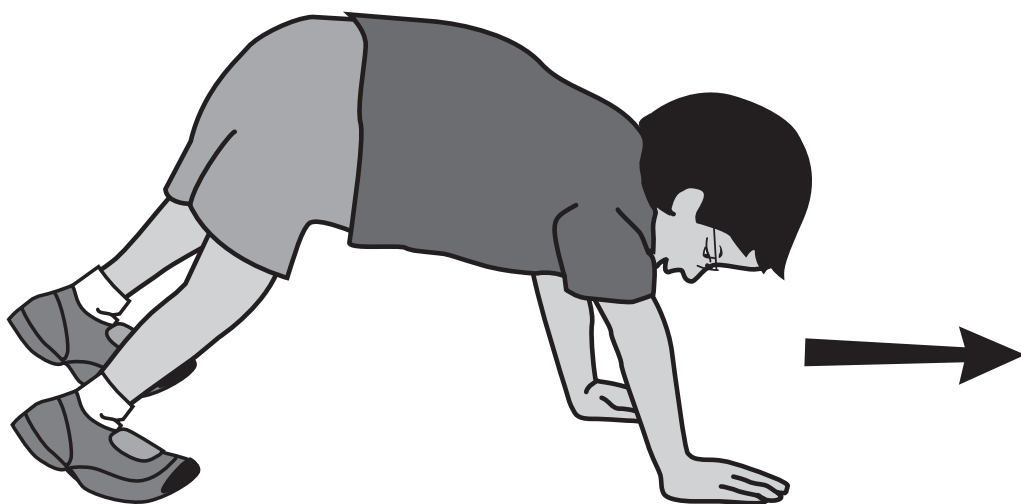
# Kangaroo Jump



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Puppy Dog Run



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Kangaroo Jump

- ★ Keep your arms close to your chest and your palms down, hands facing forward.
- ★ Keep your feet together and take small jumps.

## Chant:

A kangaroo jumps with friends and jumps alone,  
but she knows what to do when she hears “Go home!”



BALANCE, STUNTS, AND TUMBLING

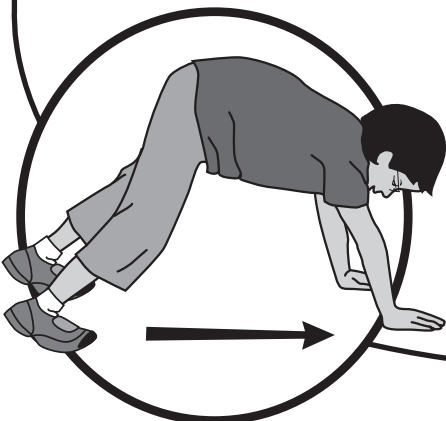
ANIMAL WALKS

# Puppy Dog Run

- ★ Hands on ground/floor, arms and legs bent slightly.
- ★ Move like a happy puppy on all 4s.
- ★ Uh, oh! Your puppy has a thorn in a paw. Can you move on 3 paws?
- ★ Now the thorn is out and the puppy can move freely again.

## Chant:

Many dogs are friends to children everywhere,  
but if you don't know a dog first, be careful and beware!



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

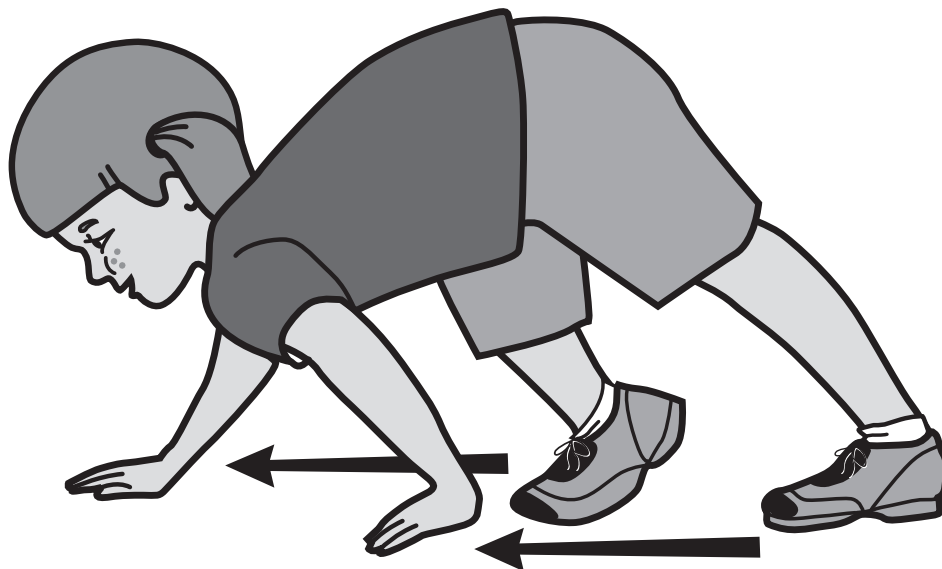
# Cat



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Bear Walk



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Cat

- ★ Put your hands and feet on the ground, with your arm and legs bent slightly.
- ★ Can you imitate a cat?
- ★ Walk softly; be graceful like a cat.
- ★ Stop and stretch moving your back high and tucking your tummy in. Now arch your back down low.

## Chant:

**C-A-T** spells **CAT**. It rhymes with **Hat**, and **Bat**, and **Mat**.  
Now drop to the mat and stretch like a cat.



**BALANCE, STUNTS, AND TUMBLING**

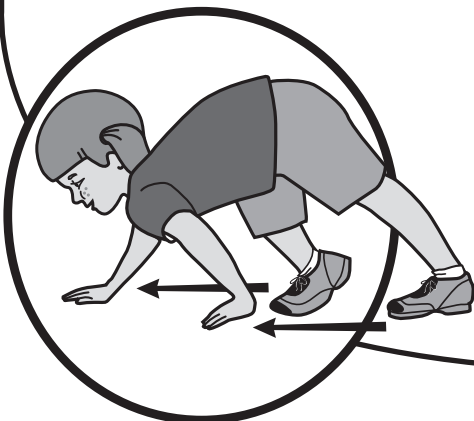
**ANIMAL WALKS**

# Bear Walk

- ★ Bend forward and touch the ground with both hands.
- ★ Travel forward slowly by moving your hand and foot on the same side together
- ★ Can you lift your free foot and arm high while your support is on the other side?

## Chant:

**Bears may be brown, or black, or white.**  
**Just like people, all colors are just right!**



**BALANCE, STUNTS, AND TUMBLING**

**ANIMAL WALKS**

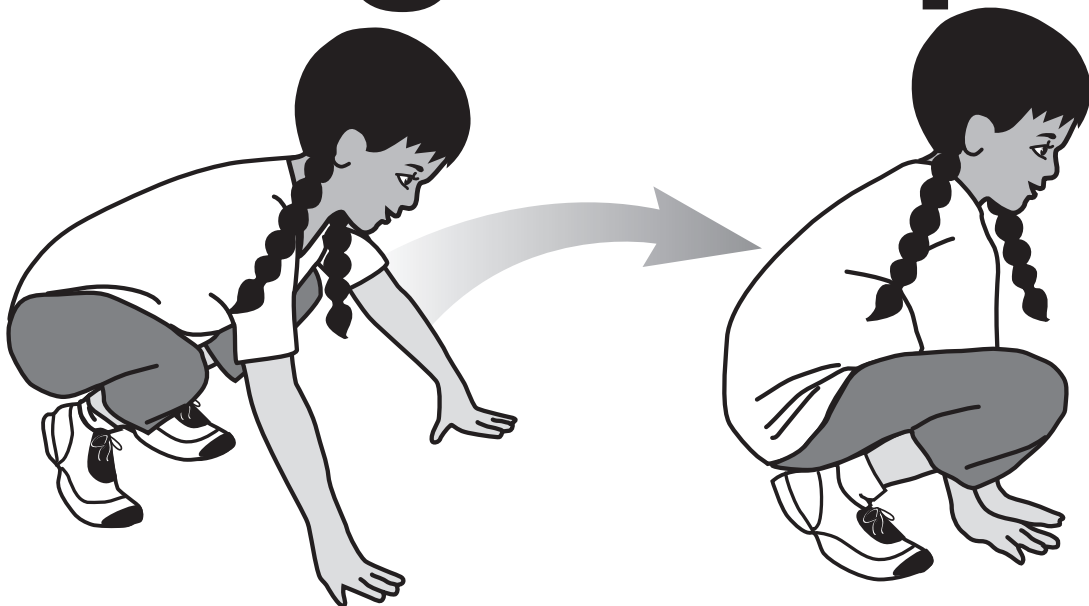
# Gorilla Walk



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Frog Jump



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Gorilla Walk

- ★ Bend your knees.
- ★ Let your arms hang at your sides, touching your fingers to the ground.
- ★ Stop and beat your chest like a gorilla!



## Chant:

Let's go to the zoo; can we? Will ya?  
If we get lucky, we might see a gorilla!



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Frog Jump

- ★ Start in a squat. Reach forward and shift your weight onto your hands.
- ★ Jump your feet forward and close to your hands.



## Chant:

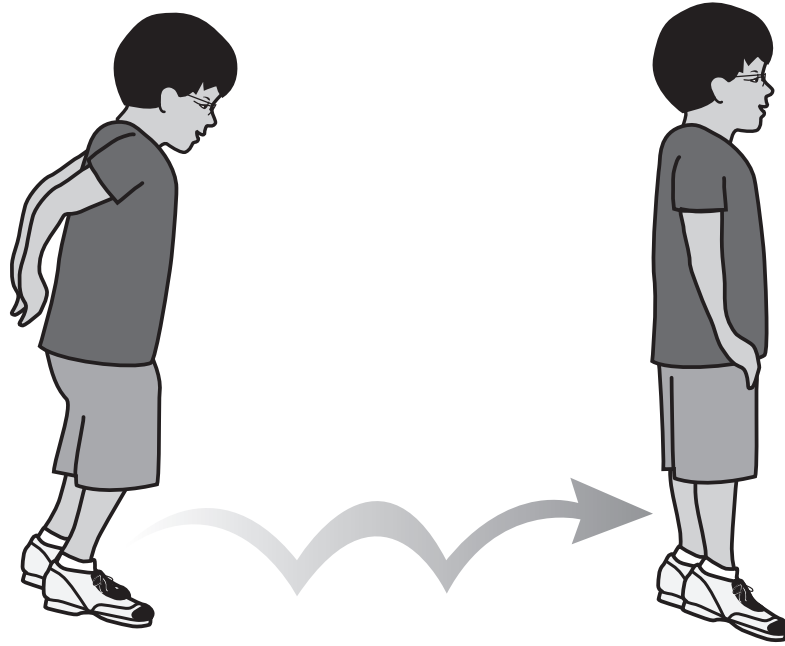
Frogs and toads like to jump a bunch.  
They jump and catch flies they eat for lunch!



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Rabbit Jump



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Elephant Walk

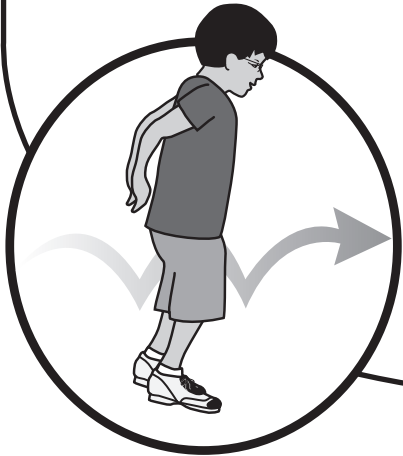


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Rabbit Jump

- ★ Stand with feet together.
- ★ Jump quickly with short jumps.



## Chant:

Here comes Peter Cottontail, hopping down the bunny trail. Do rabbits hop? No, they jump!

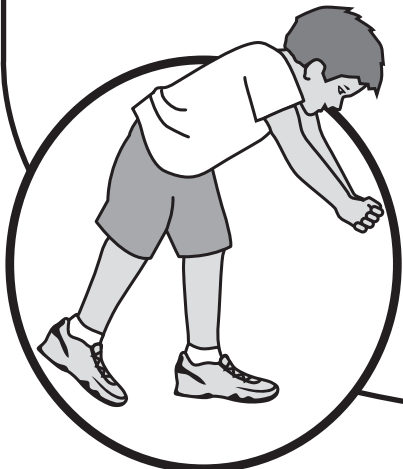


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Elephant Walk

- ★ Bend forward, clasp hands together to make a trunk.
- ★ Walk slowly keeping legs straight and swinging your trunk side to side.



## Chant:

An elephant's walk is steady and slow,  
his trunk like a pendulum swings to and fro.  
But when there are children with peanuts around,  
he swings it up, and he swings it down!

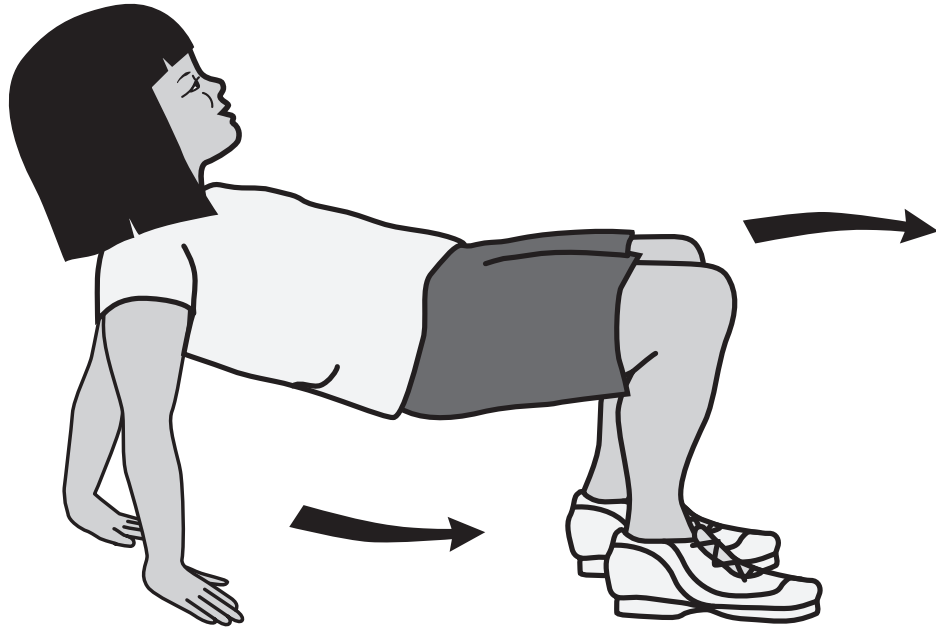


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS



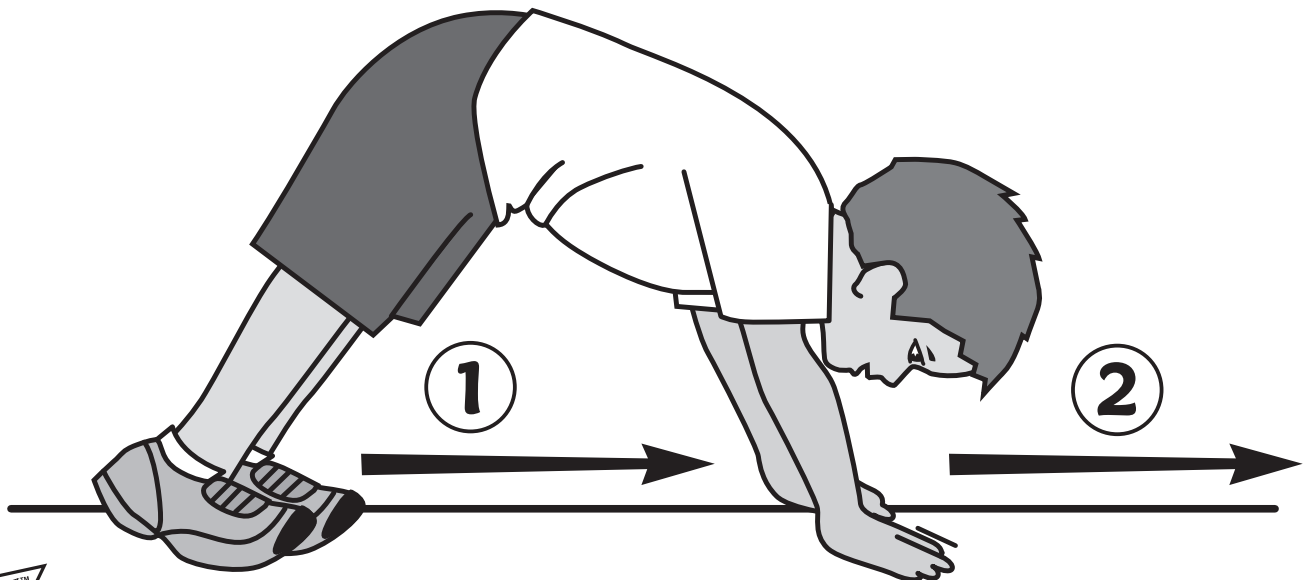
# Crab Walk



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Inchworm



BALANCE, STUNTS, AND TUMBLING

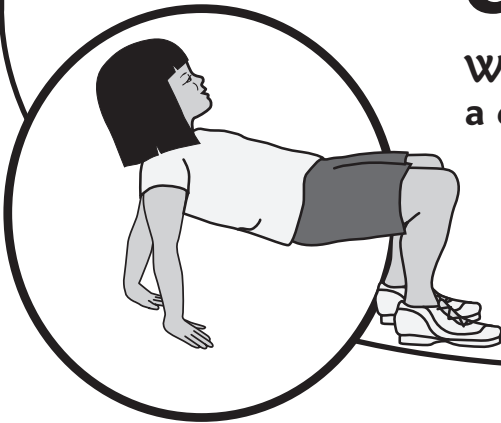
ANIMAL WALKS

# Crab Walk

- ★ Sit on the floor, and reach your hands behind your hips. Raise your hips off the ground by bridging with feet and hands. Try to keep your back straight; don't let your hips sag!
- ★ You can move forward, sideways, or backward when you Crab Walk.

## Chant:

While pelicans and seagulls gracefully glide,  
a crab lays low and walks side to side.



BALANCE, STUNTS, AND TUMBLING

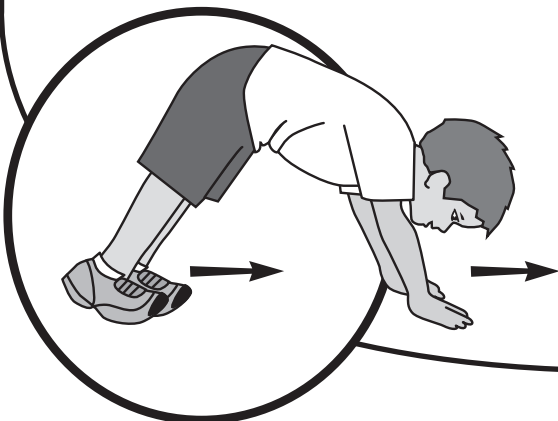
ANIMAL WALKS

# Inchworm

- ★ Bend forward and touch the ground with both hands.
- ★ Without moving your feet, walk your hands forward until your body is in a push-up position.
- ★ Now keep your hands stationary while your feet walk forward to meet your hands. Repeat.

## Chant:

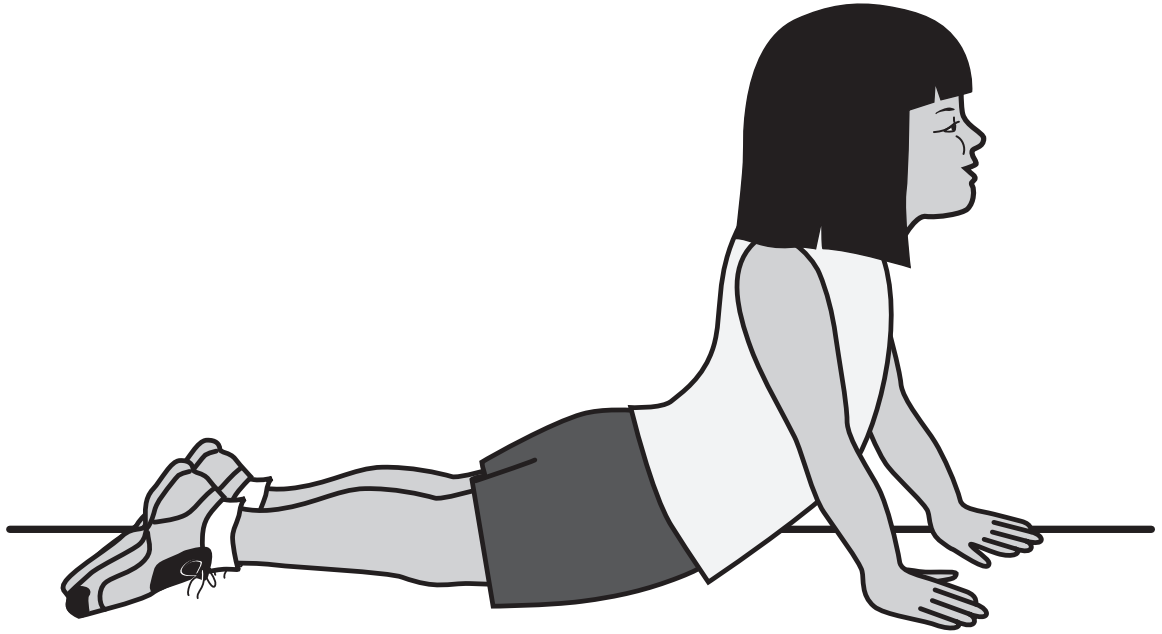
I once knew an inchworm named Sue.  
She lived all her life in a little shoe.  
One day in the toe, where she loved to go,  
she said, "It's not much, but I can make do!"



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

# Seal Walk



**BALANCE, STUNTS, AND TUMBLING**

**ANIMAL WALKS**

# Lizard Crawl



**BALANCE, STUNTS, AND TUMBLING**

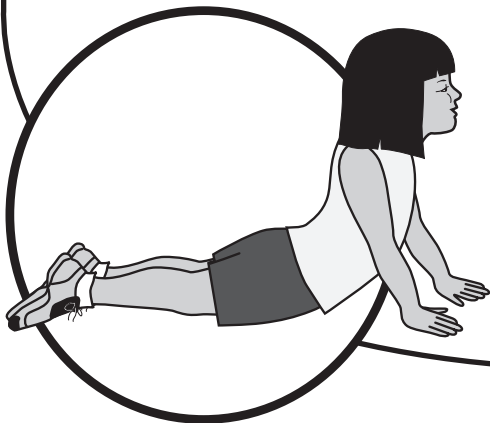
**ANIMAL WALKS**

# Seal Walk

- ★ Lie on your tummy with your hands next to your shoulders.
- ★ Push your arms straight and your body off the ground.
- ★ Walk forward using your hands, and drag your lower body along.

## Chant:

Down by the sea, where a seal can be free, to  
chase after fish all day long,  
There's a big show-off seal who says, "I'm the  
real deal" and feels he can never do wrong!



BALANCE, STUNTS, AND TUMBLING

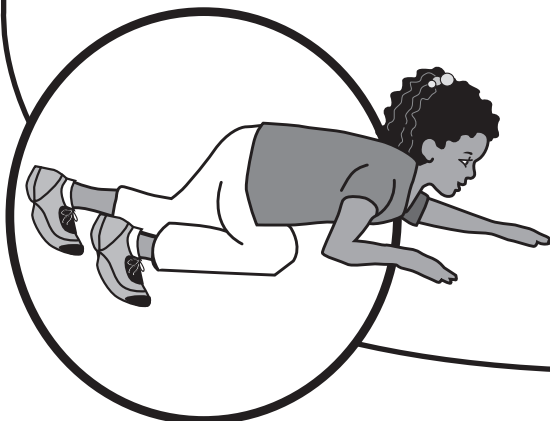
ANIMAL WALKS

# Lizard Crawl

- ★ Lie on your belly. Use your arms and feet to crawl forward.
- ★ Stay low to the ground.

## Chant:

The sleek, smooth lizard likes to bask in the sun.  
It crawls under a rock when the day is done.



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS