

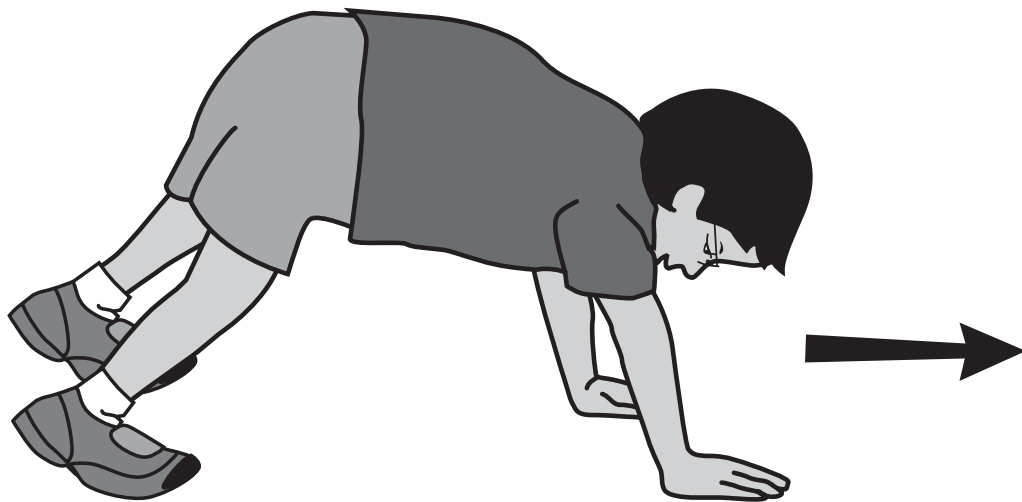
Salto de Canguro



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Correr a Cuatro Patas



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Salto de Canguro

- ★ 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

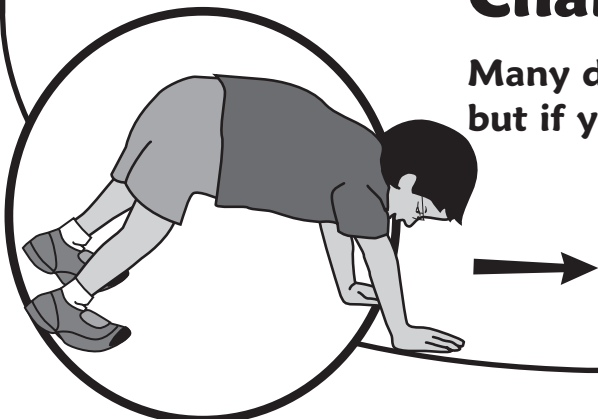
ANIMAL WALKS

Correr a Cuatro Patas

- ★ 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

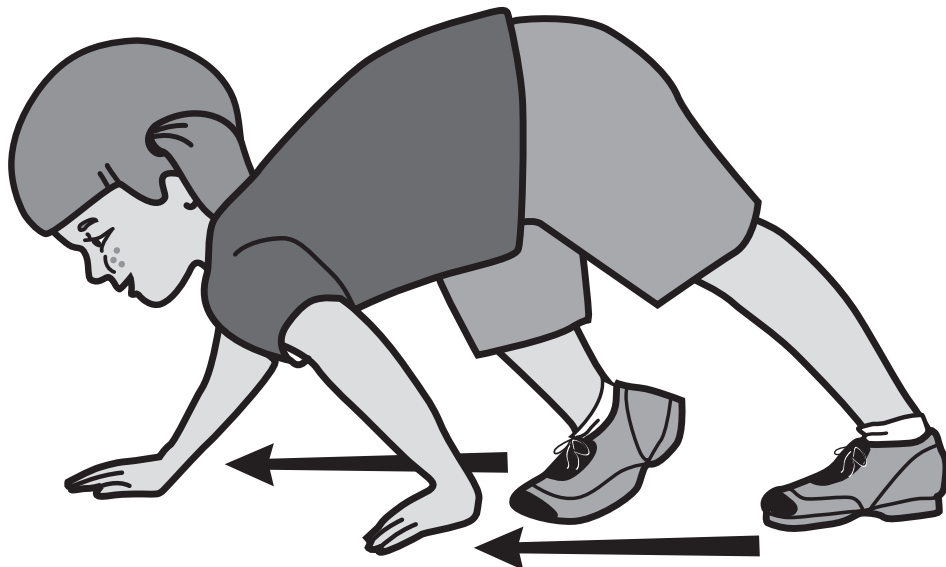
Gato



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Caminar como un Oso



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Gato

- ★ 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

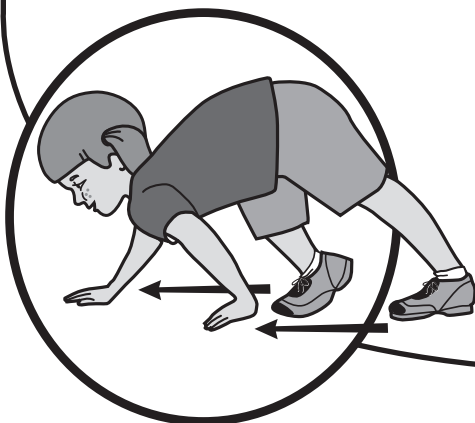
ANIMAL WALKS

Caminar como un Oso

- ★ 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

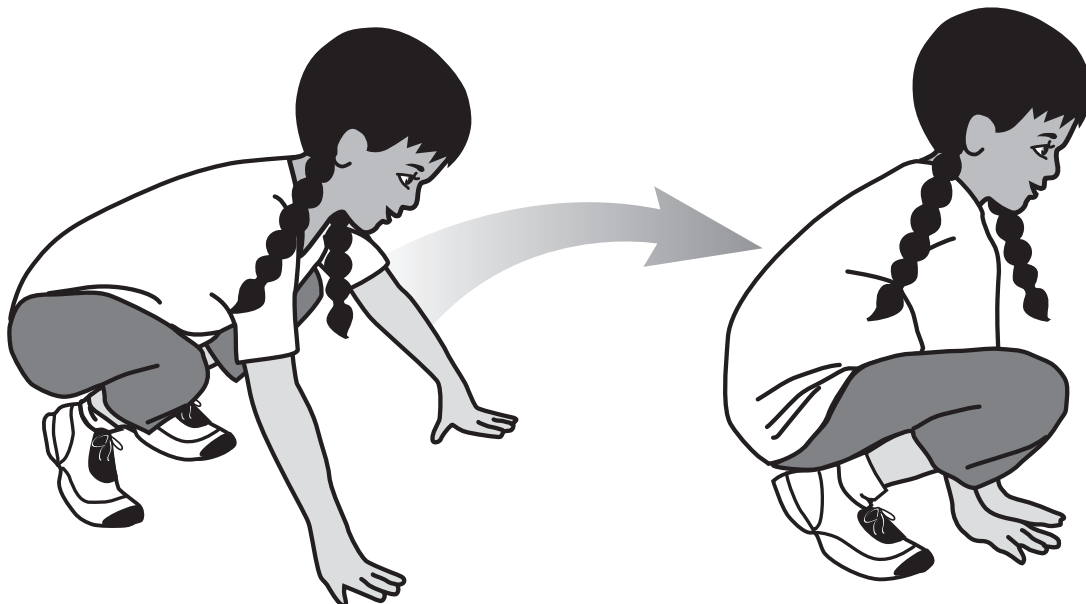
Caminar como Gorila



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Salto de Rana



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Caminar como Gorila

- ★ 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

Salto de Rana

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



Chant:

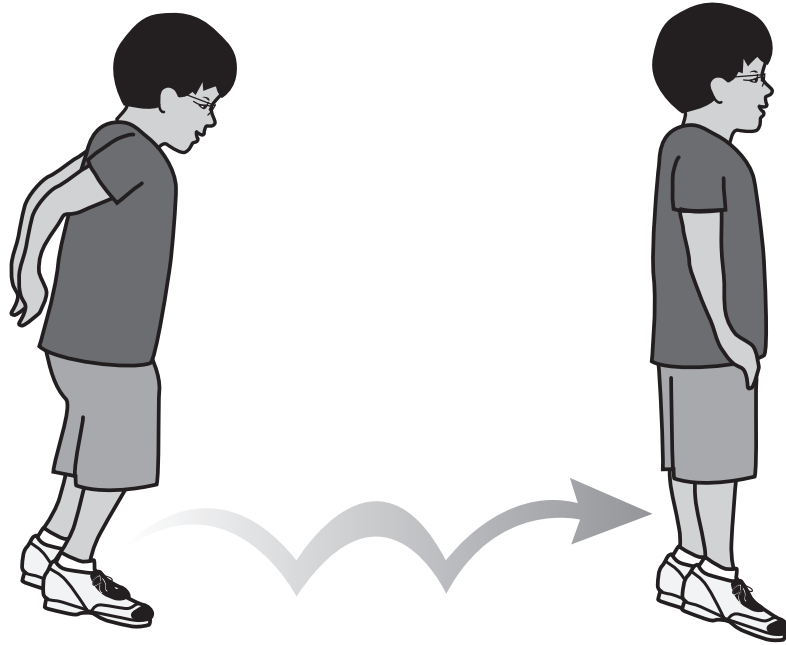
Frogs and toads like to jump a bunch.
They jump and catch flies they eat for lunch!



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Salto de Conejo



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Caminar Como Elefante

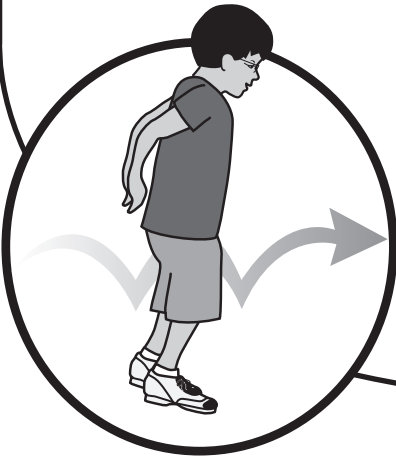


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Salto de Conejo

- ★ 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!

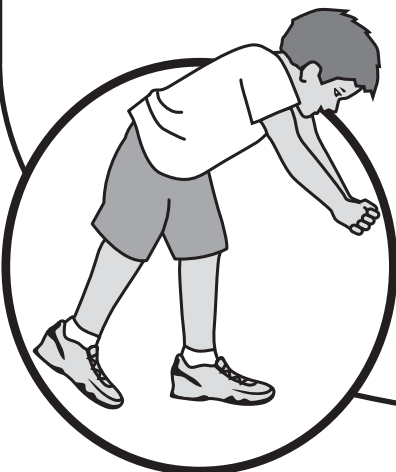


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Caminar como Elefante

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



Chant:

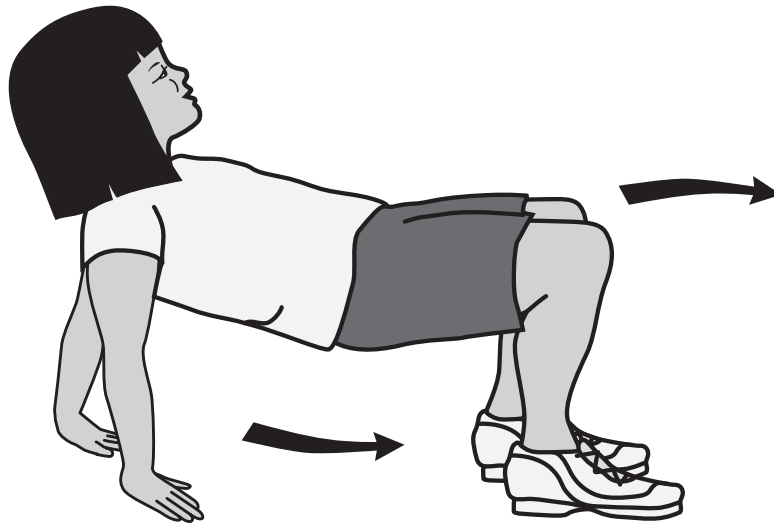
An elephant's walk is steady and slow,
his trunk like a pendulum swings to and fro.
But when there are children with peanuts around,
he swings it up, and he swings it down!



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

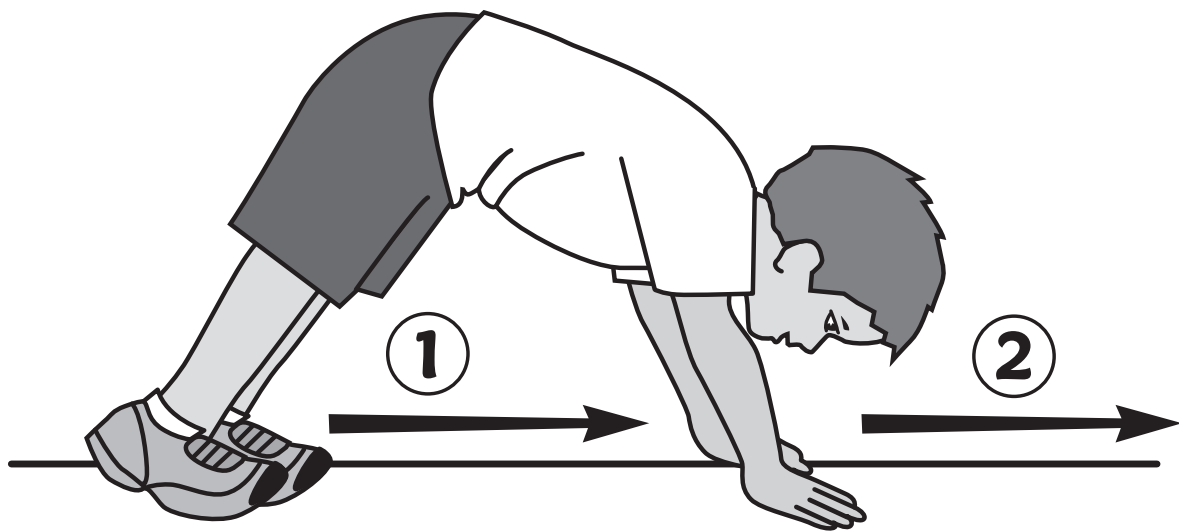
Caminar como un Cangrejo



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Gusano Medidor



BALANCE, STUNTS, AND TUMBLING

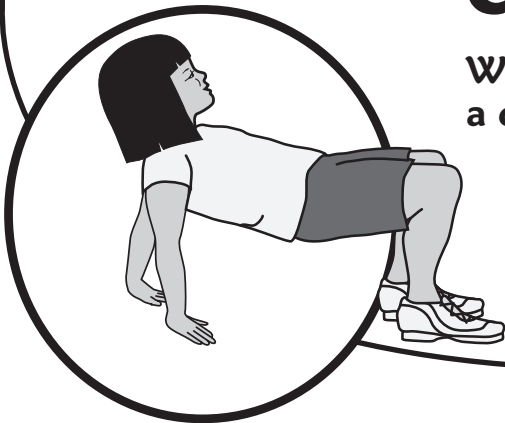
ANIMAL WALKS

Caminar como un Cangrejo

- ★ 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

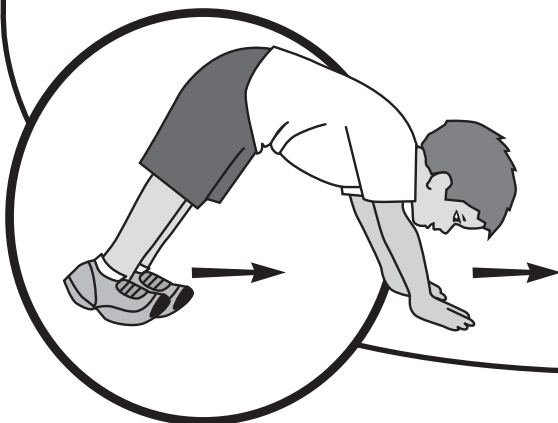
ANIMAL WALKS

Gusano Medidor

- ★ 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:

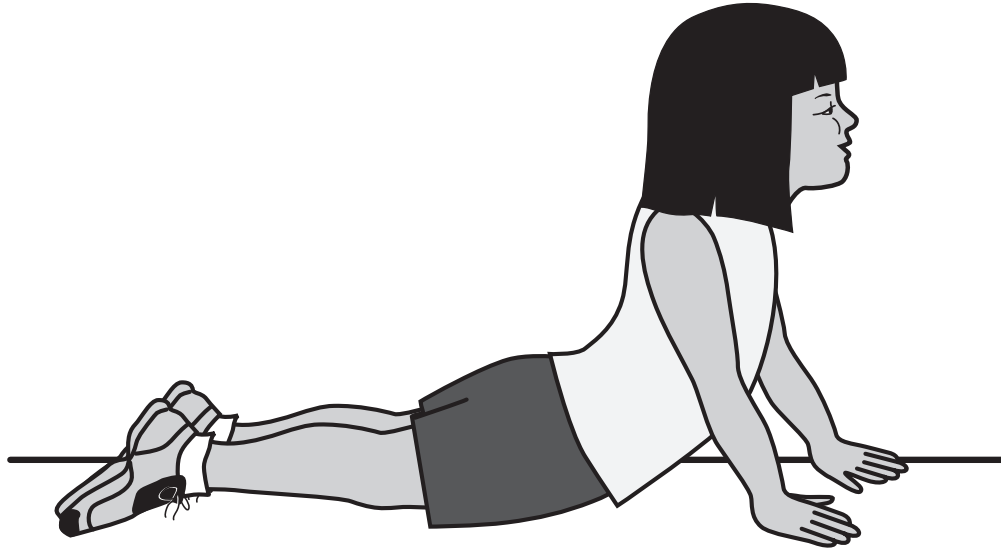
I once knew an inchworm named Sue.
She lived all her life in a little shoe.
One day in the toe, where she loved to go,
she said, "It's not much, but I can make do!"



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Camina como una foca



BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Arrastrarse como una Lagartija



BALANCE, STUNTS, AND TUMBLING

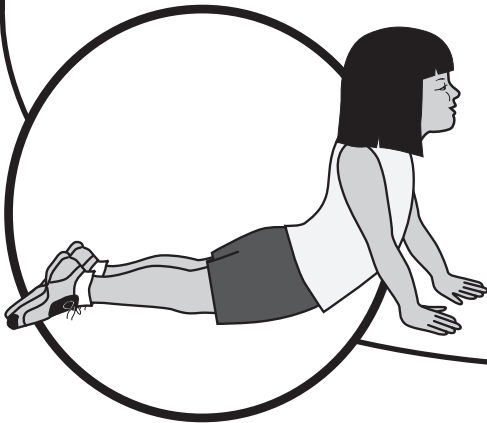
ANIMAL WALKS

Camina como una Foca

- ★ 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

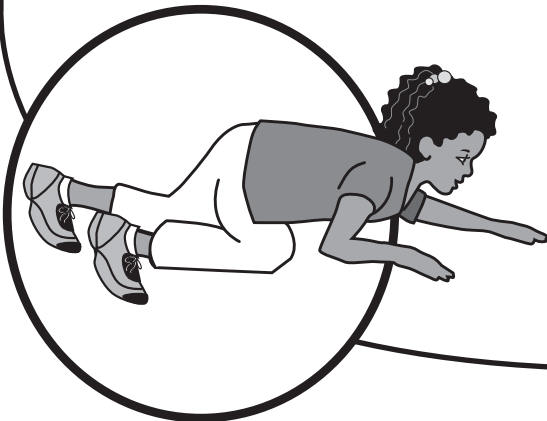
ANIMAL WALKS

Arrastrarse como una Lagartija

- ★ 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