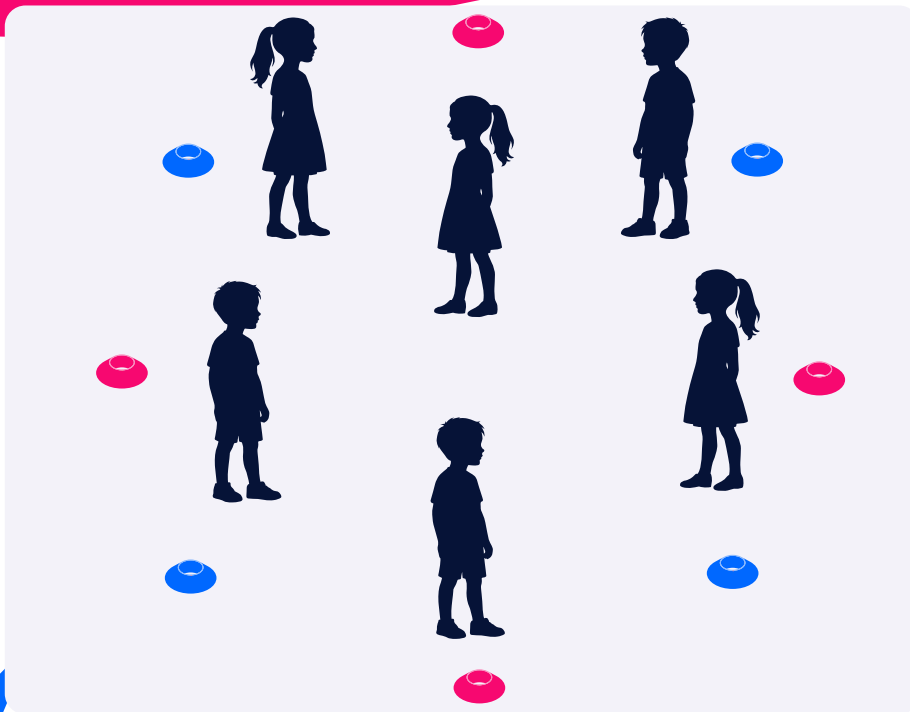


ZOO WARM UP: Zoo Movers

Set the scene:

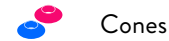
“Today we are at the zoo! Stay inside the zoo.
No animals can escape!”



Brain focus
activities:



Equipment:



Cones

How to Play:

- Place cones around the outside of a space – this is the boundary of the zoo – stay inside so they don't get lost!
- Children will move around the zoo as different animals. Demonstrate each animal, starting with just three actions and build up if the children are ready.
 - **Penguins** – waddle with very small steps.
 - **Giraffes** – walk tall on toes and arms stretched up.
 - **Kangaroos** – two-foot jumps, soft landing with knees bent.
 - **Cheetahs** – run fast (can be on the spot or across the space ensuring to keep head up and watching others).
 - **Rhino** – walk on all fours with strong stomps.
- Add in the call of “Zookeeper!” – children freeze on one leg and hold balance for 3 seconds.
- Repeat several times, encouraging a quick transition from moving to freezing in balance.

TEACHING POINTS:

- Make the movements big and overacted.
- Eyes forward.
- Hold the balance – look at a fixed object and squeeze muscles tightly.

SKILL UP:

- Increase the number of animals and actions.
- Allow children to select own animal and create action.



SEE IT IN ACTION