

 **WHAT IS IT? (RATIONALE)**

Moving is one of the most important things that children can do. Being able to move in different ways is extremely important for everyday life because various movement techniques can enhance perspective, remove boredom, and exercise various parts of our bodies.

 **ADAPTATIONS**

Have the students walk like assigned animals by class periods, or they must walk like the same animal all day long.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

Every time the students are out of their seats, they must move as an animal would move. They must walk the same way that the animal does (both posture and speed) Vary the animals used so as to move different body parts and in high, medium, and low space as well as in slow, medium, and fast motion.

 **DEVELOPED BY:**
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No equipment necessary

DOMAINS ADDRESSED



SEQUENCING



BALANCE



FLEXIBILITY



BEST EFFORT

**BODY IMAGE
FOLLOWING DIRECTIONS
LANGUAGE**

**GENERAL
COORDINATION**

**STRENGTH
AEROBIC**

**SELF CONTROL
RESPONSIBILITY
RESPECT**