

Gymnastics



Lesson Focus: to practice a variety of animal walks, simple stunts and body positions from a home base.

Educational

What you'll need

- Poly spots, hoops or mats for home base.
- Overhead projection for visuals (in toolkit) are optional.
- Music and music player are optional.

Skills to review and demonstrate

Animal Walk Stunts:

Dog with broken leg, seat spin, thread the needle, seal, frog, flamingo, lizard/ GI Joe crawl, elephant, heel slaps, crab, egg roll, pretzel, bear, seat crawl, knee slaps, inch worm, crazy walk, blind touch, kangaroo, jump turns (1/2, 1/4, full), turk stand, gorilla, rocker, and jack in the box. Returning to home base after practicing each walk or stunt.

Getting started

Line students up at the end of a home base mat or assign to a hoop or poly spot home base.

Student performance objectives

Psychomotor: Students will perform animal walks, body positions, balances and stunts in proper form 80% of the time.

Cognitive: Students can describe "base of support" 80 % of the time.





[Watch the Video](#)

Gym or small space
activity for grades

K-2

Begin the action

Name and demonstrate an animal walk.

Have the students move through general space doing the animal walk.

The image may also be projected on the wall for visual reference.

Call the students to home base to get ready for the next skill.

Helpful hints

Explain that not everyone will be able to do all of the walks or stunts perfectly but to try your best and have fun.

Remind the students that the faster they return to home base and focus, the more walks and stunts they will be able to do during the class period.

Recap

What muscles groups are we working when we do the seal walk?



National standards

Standards 1&2: Animal Walks; Stunts and partner stunts.

Standard 3: Fully participates in all the activities.

Standard 4&5: Participates responsibly and cooperates with peers; Enjoys a challenge.