

### ANIMAL WALKS



RABBIT



CATERPILLAR



BEAR



OSTRICH

### MUSICAL HOOPS



Keep moving until the music stops then jump into a hoop and FREEZE.

### FROG SPAWN



Hands can be moved when feet are in the same space.

### SQUARE DANCE



Hop around the square on one leg, two legs, forwards, backwards. When whistle sounds FREEZE.



Or try to move your partner.



### HIPPOBUMPAPUSH



Hop and try to force partner onto two feet using a ball.



### CHICKEN DANCE

Walk with a partner. Two forward, one back. Try different combinations.

### SQUAT JUMP

Squat on one leg and jump landing on the other leg.

