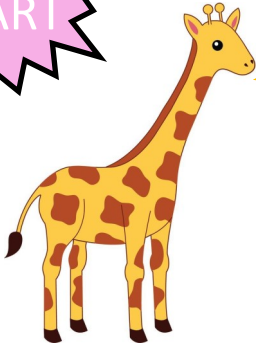


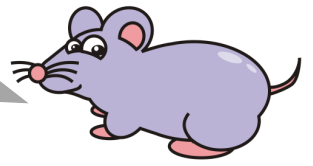
ANIMAL EXERCISES

START



Stretch your hands up as tall as a giraffe

Crouch down as small as a mouse



And to finish lie on the floor and stretch out as long as you can like a snake.

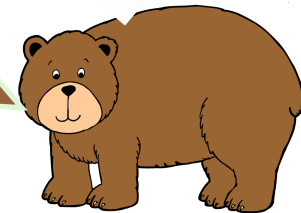
FINISH

Now try it again 3 more times.... up and down, up and down, up and down

Now try to walk sideways like a crab



Stand on your hands and your legs like a bear. Can you walk like this? How many steps can you take. Can you growl like a bear?!!

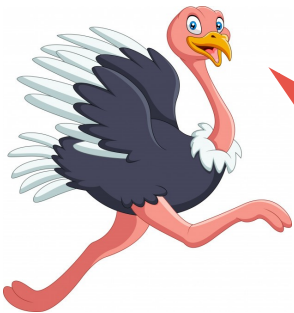


Stand on one leg like a flamingo (stick your arms out to stop you falling!)



Now try it again on the other leg. Try hopping. 5 hops on one leg. 5 hops on the other

Ask someone to time you as you run up and down your track. Are you as fast as an ostrich? They can run up to 60mph.



Try to run fast like an ostrich. Put a marker where you are standing. Take 10 big steps and put another marker. This is your running track. Run up and back 4 times.

Squat down like a frog Then jump up like a frog!



Count how many times you can do the frog jumps without running out of breath