

Name: .....

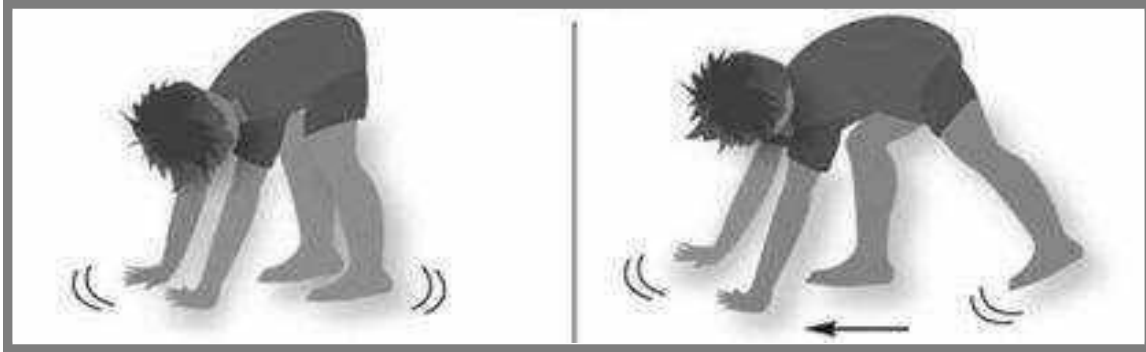
Date: .....

## Playtime: Animal Walk

Get ready little gymnast! Ask your parents to help you with instructions and the right posture. Look at the pictures given below and perform the given task.

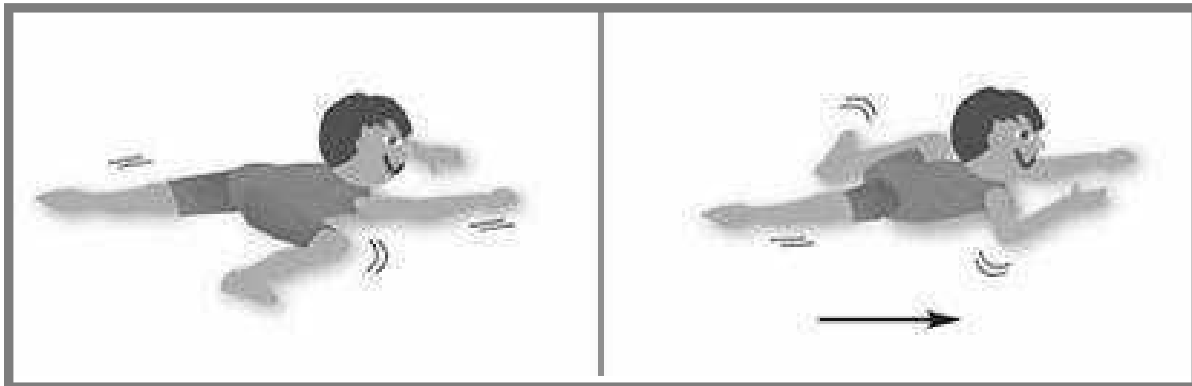
Do this activity strictly under the guidance of your parents.

### Bear walk



Start in the standing position. Bend over and put both hands on the ground. Now, walk forward with the same leg and arm – move your right arm and right leg forward, then the left leg and arm at the same time, then repeat.

### Snake Slither



Lay on your tummy and put your hands by your sides or out in front. Wiggling your hips and shoulders side to side, to try and move forward across the floor without using your hands to help.