

Health and Physical Education Department



ANIMAL EXTRAVAGANZA

Materials: Have your child choose 10 different animals. You can have him/her draw these animals and create animal cards, or you can simply write each one on a sheet of paper and set inside a bowl/bucket.

Directions: Have your child pick an animal from the bowl. Your child can move like that animal and create animal noises for 30seconds-1 minute. Then have him/her choose a new animal.

Examples of animals: Horse					MILE	O CONTRACTOR OF THE PARTY OF TH
Cow				the state of	44	
Pig	1	2 y	(6)			0.0
Bird	ad	- Cit	THE P	M I	516	
Frog						-W-
Cheetah	2	N.	100		9	-1
Lion	200	183			411	
Bear	32 pm	4 8 64	2666	A Section 1	440	44 44
Moose	4 M					
Crab	V.A.	40	M		- And	
Crocodile	wit	AHE SIL	M	a-d	al sil	
Snake						
Dog	. And	27 20 20 20		. (40)		-
Cat			4	0	(")	
Penguin	M. B.	S. S. S.		'II II	36 0	AL III
Seal						
Rabbit	*	44	1000	19	0	- 19 e
Duck	215	> 1	(Ca)	***	US	mi

Creativity: To make your activity more creative, have your child create their own animal, or use an imaginary animal of their choice.

Challenge: To add an additional challenge, after each animal, have your child complete 5-10 exercises, such as jumping jacks, crab kicks, shoulder slaps/push-ups, or squats.