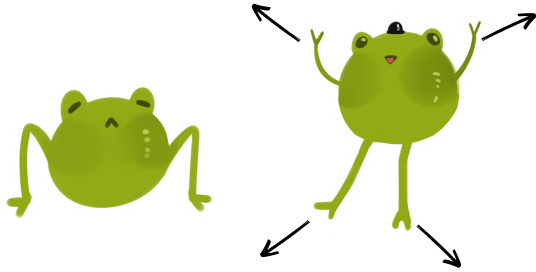




Tualatin Hills Park and Recreation District

Gross Motor Skills: Animal Moves

Animals can move in many different ways! Can you move like these animals listed below? Can you move like any other animals? Which animals are fast? Which are slow?



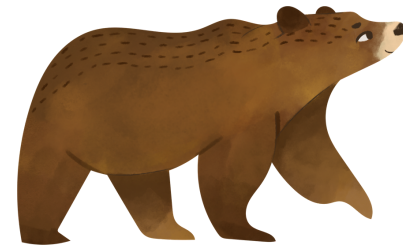
Leap like a frog! Crouch down and then spring up extending your arms and legs, then landing back in crouched position



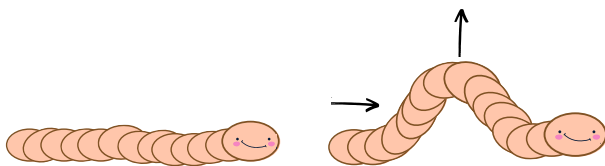
Balance like a flamingo! Stand on one leg and bring the other leg up to your knee



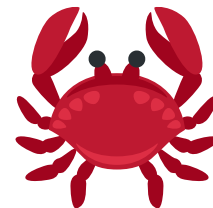
Hop like a bunny! Jump off of both feet and land on both feet at the same time



Crawl like a bear! Walk on your hands and feet at the same time



Wiggle like a worm! Lay down on your belly and scoot your knees in to your chest to inch your way across the floor



Scuttle like a crab! Start on your hands and feet with your belly up in the air, step with your hands and feet at the same time