

Racing Animals

Children to go down to hands and knees

All to move around like animals that walk on all fours, i.e. cat, dog, cow, lion, sheep, etc.

Make the animal noise

Children then move to hands and feet, this should be a greater challenge

All to move around like animals that walk on all fours, i.e. cat, dog, cow, lion, sheep, etc.

Make the animal noise

Benefits

This will help develop children's strength, co-ordination, spatial awareness and balance.