

ANIMAL WALK RESOURCE CARDS FOR THE GYMNASTICS LESSON

The Oide Primary PE Team has developed this set of animal walk resource cards to support the teacher to develop six different animal walks within the gymnastics lesson. These resource cards contain animal walk teaching points, opportunities to add further challenge pupils and suggestions for assessment.

See scoilnet.ie/pdst/primary/strands/Gymnastics for animal walk games



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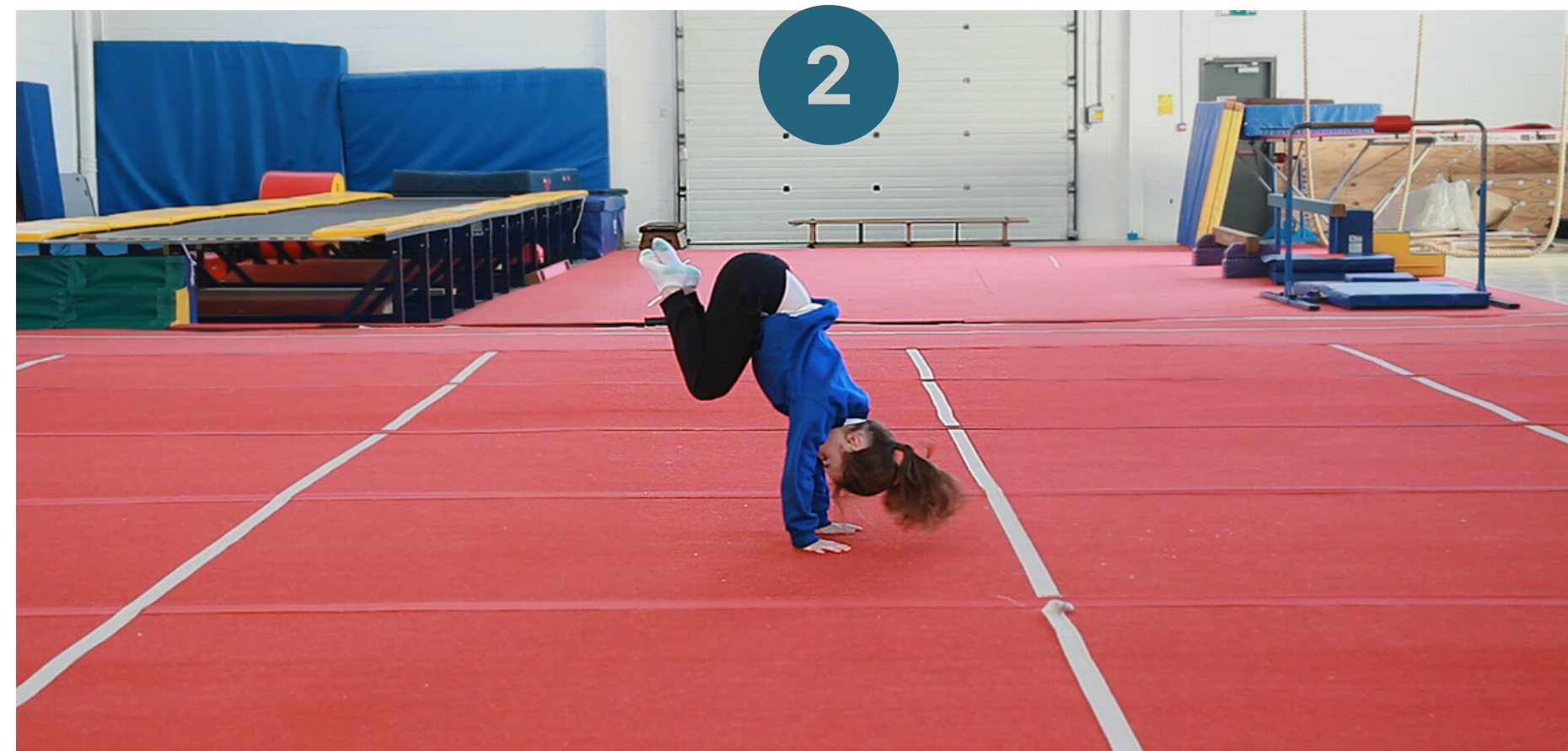
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DONKEY KICK



TEACHING POINTS

1. Move into downward dog pose and push weight onto hands
2. Jump two feet towards the bottom and then land both feet on the ground and repeat

Focus eyes on the space in between the hands



FURTHER CHALLENGE

Complete a number of donkey kicks in a row

In pairs, pupils mirror each other when completing the donkey kick

Relay Race: Divide pupils into small groups and sequence a number of donkey kicks in a row to participate in a relay race



KEEP MOVING

In pairs, pupils can mirror each other when donkey kicking



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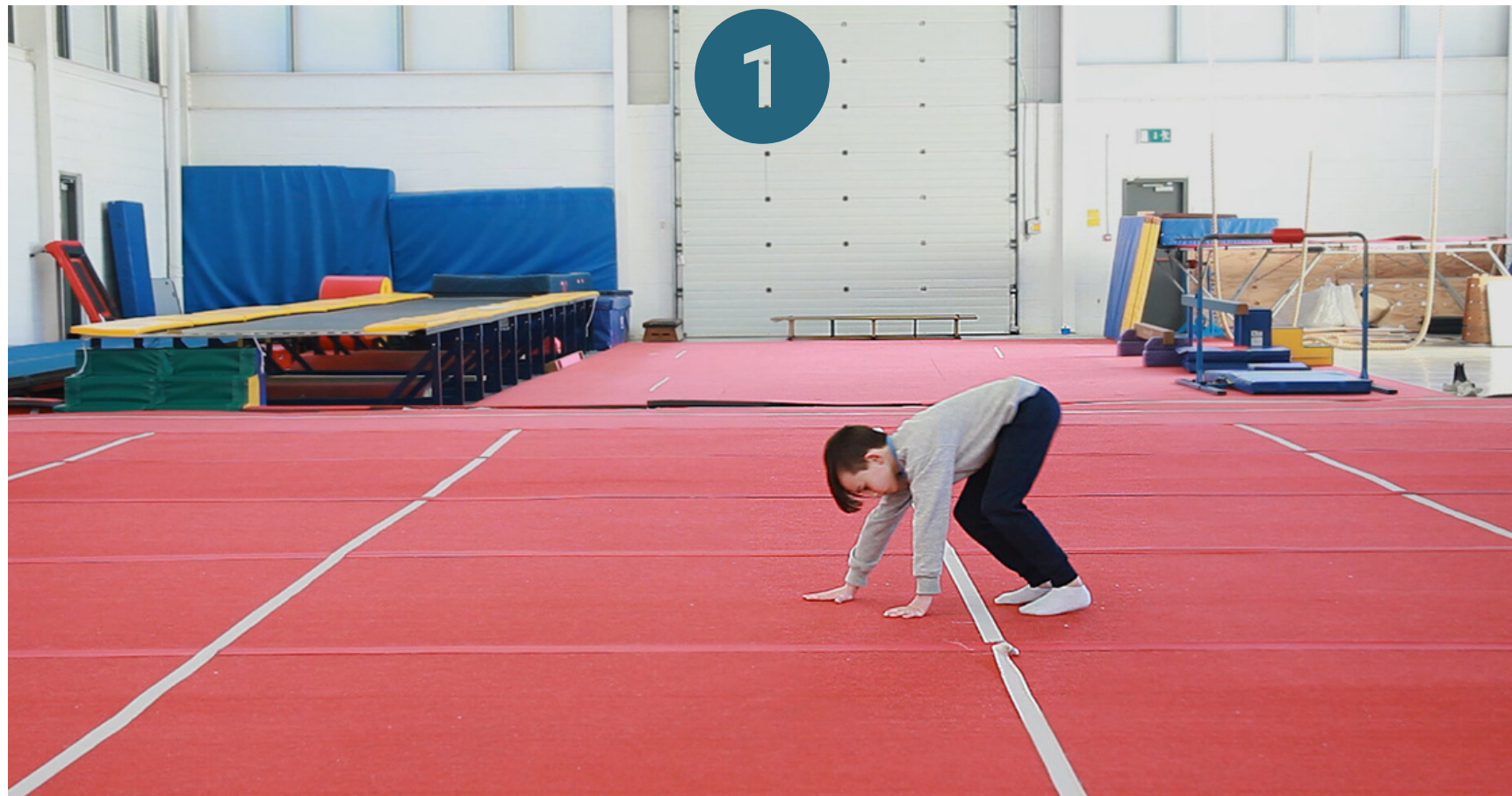
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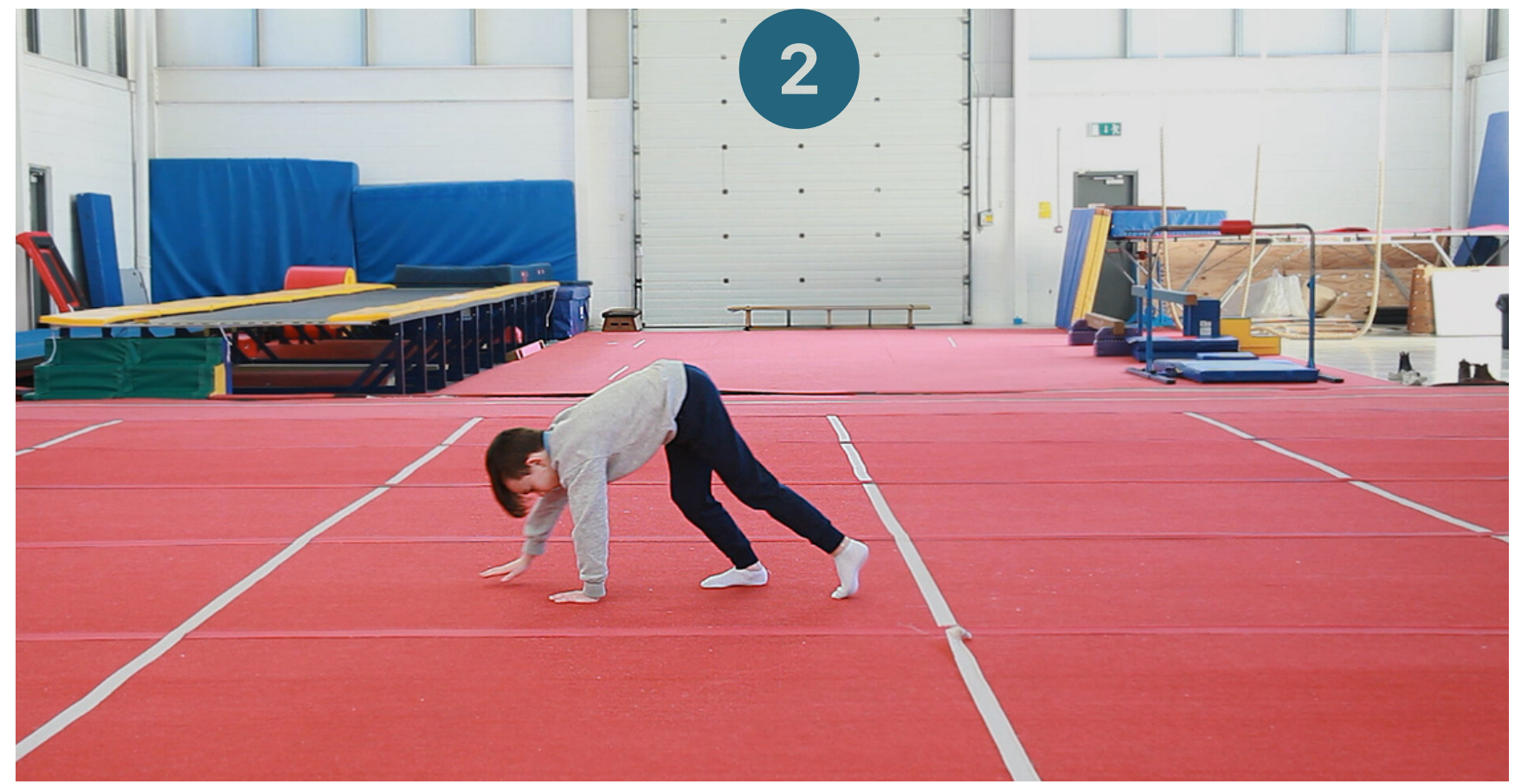
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BEAR CRAWL

1



2



TEACHING POINTS

1. Standing still make the shape of a bear by placing both hands on the floor with bent knees
2. Move the right hand and left foot forward, then the left hand and right foot at the same time and repeat



FURTHER CHALLENGE

- Encourage pupils to move as slowly as possible
- Remind pupils to keep arms and legs as straight as possible
- In pairs pupils mirror each other when doing the bear crawl

Play bear crawl relay



KEEP MOVING

Relays

- Pupils begin in a seated position and move across to a designated area using a chosen animal walk before returning and tagging a partner. Offer pupils the choice of racing competitively or completing the activity for fun.



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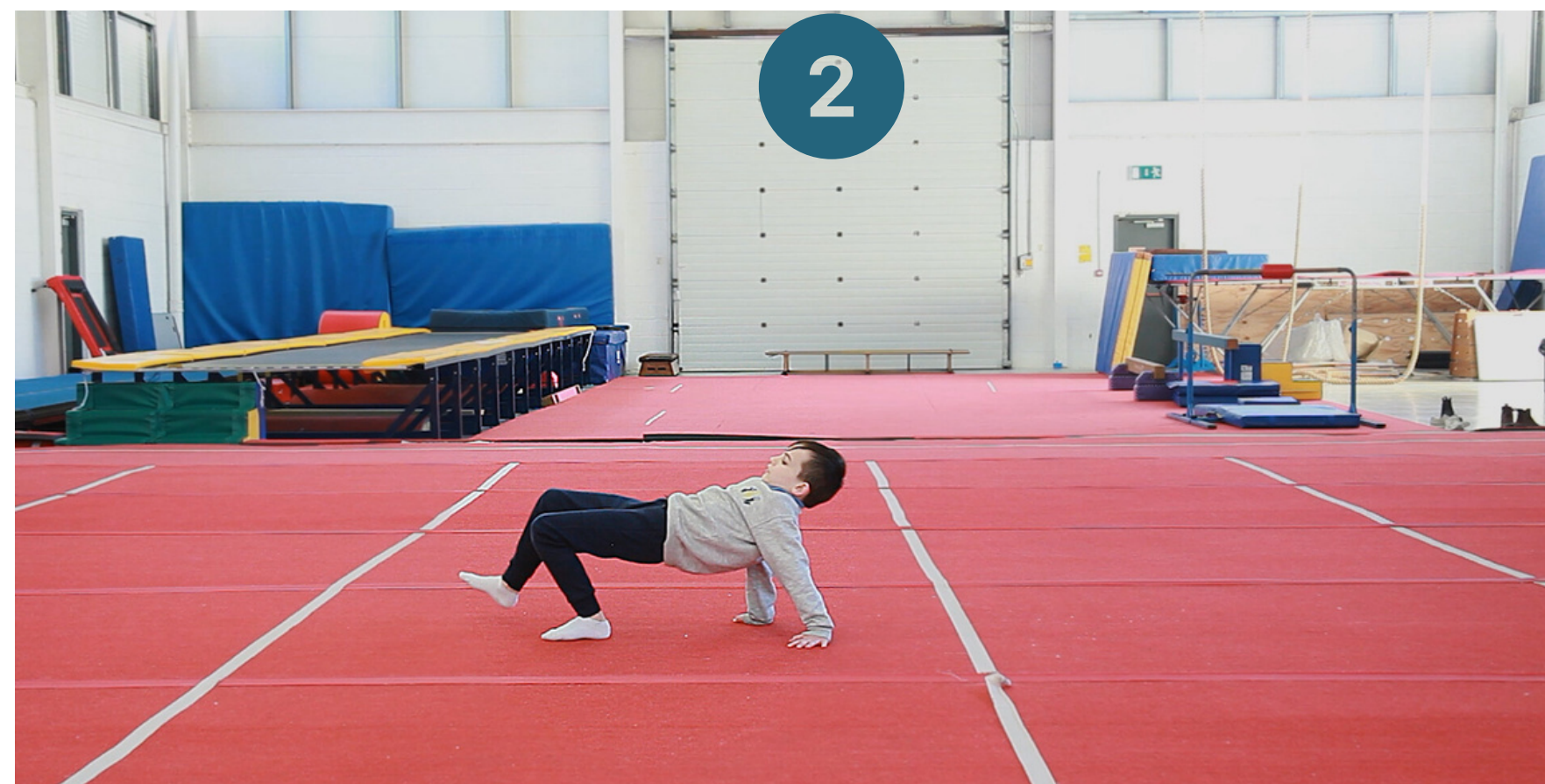
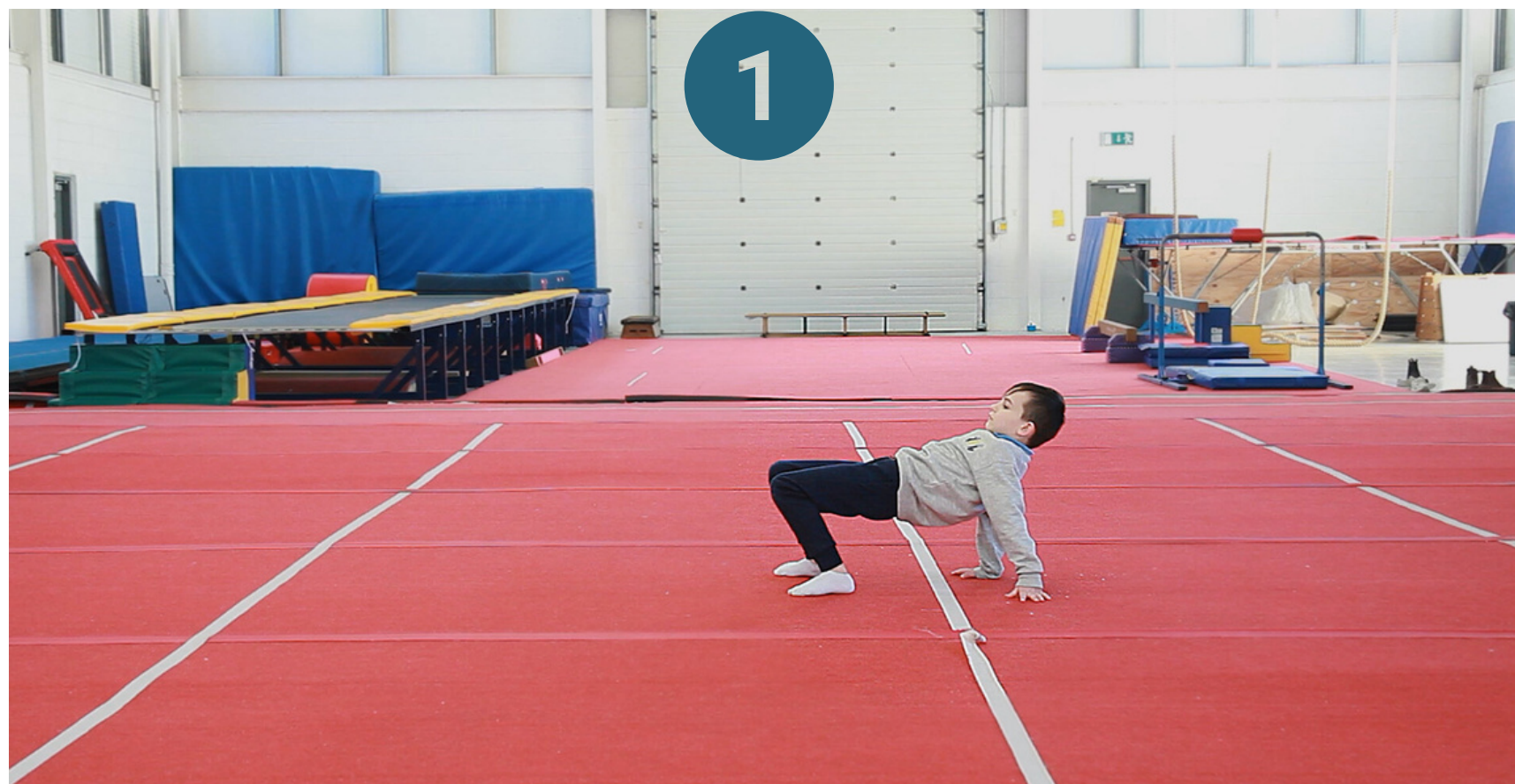
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CRAB WALK



TEACHING POINTS

1. Sit on mat with hands and feet flat on the ground, fingers can point forward towards the feet or to the sides
2. Push up into a table position, move forward/ backwards/ sideways



FURTHER CHALLENGE

- Encourage pupils to crab walk very slowly
- Remind pupils to keep hips as high as possible
- Balance a beanbag on the tummy and crab walk
- In pairs, pupils mirror each other when completing the crab walk
- Play crab walking tag



KEEP MOVING

- Animal Sequencing
- Encourage pupils to choose a number of different animal walks and move forward/ backward/left/right etc for a count of 4. Pupils can mirror each other/ move in canon formation or move towards each other.



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DUCK WALK



TEACHING POINTS

1. Spread legs apart, bend knees, squat towards the floor and bend arms to make the shape of wings
2. Place hands on head. Move one leg forward and the other leg follows
Keep upper body/torso as vertical as possible.



FURTHER CHALLENGE

- Encourage pupils to duck walk very slowly
- Remind pupils to keep the body as close to the ground as possible
- Ask pupils to try to touch one knee at a time against the ground
- In pairs, pupils mirror each other when completing the duck walk



KEEP MOVING

- In small groups, one pupil at a time balances a bean bag on their head and duck walk to a target. Pupils turn over at target makes a crab and balances the bean bag on stomach. The pupil crab walks back to their team.



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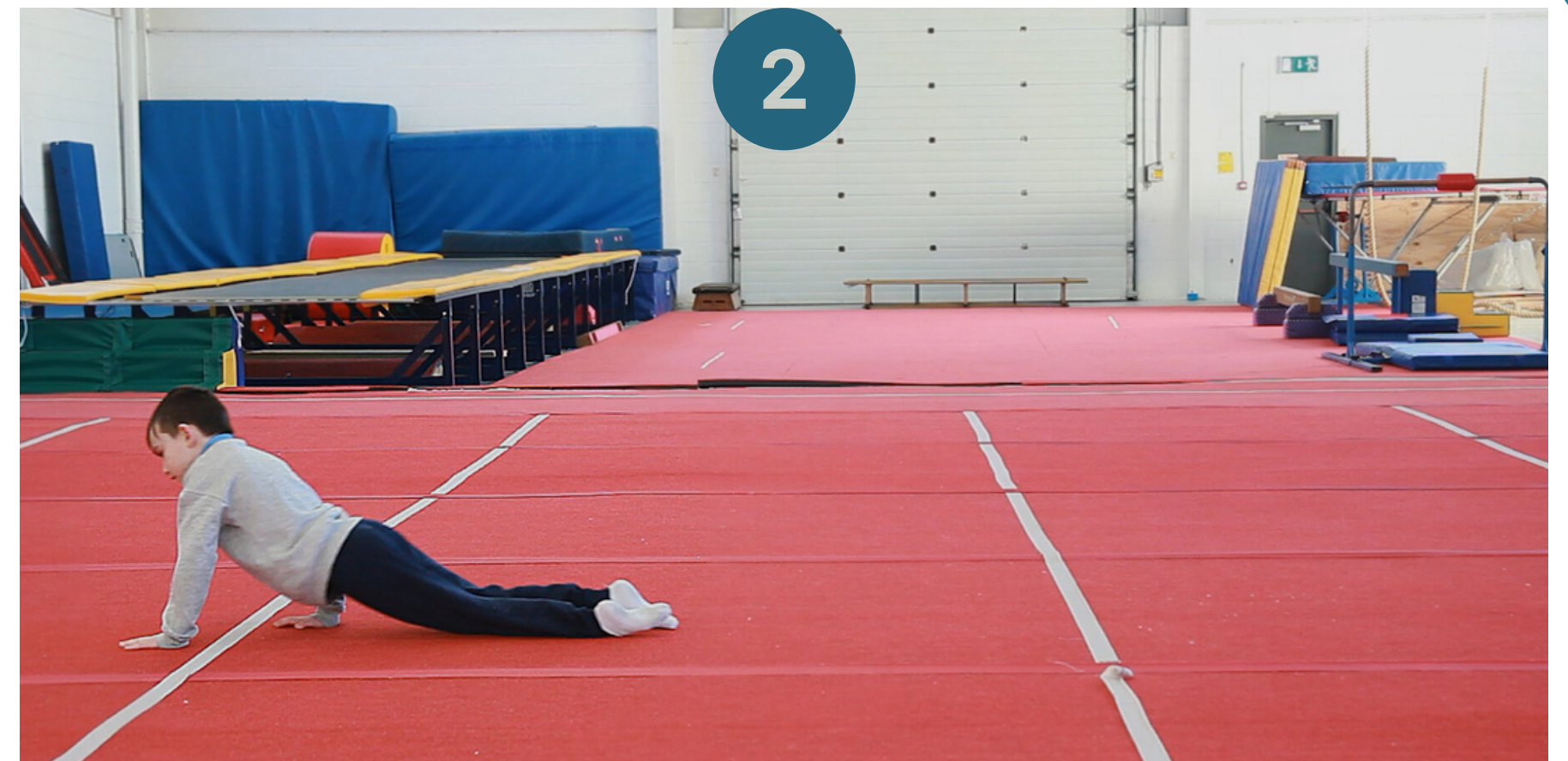
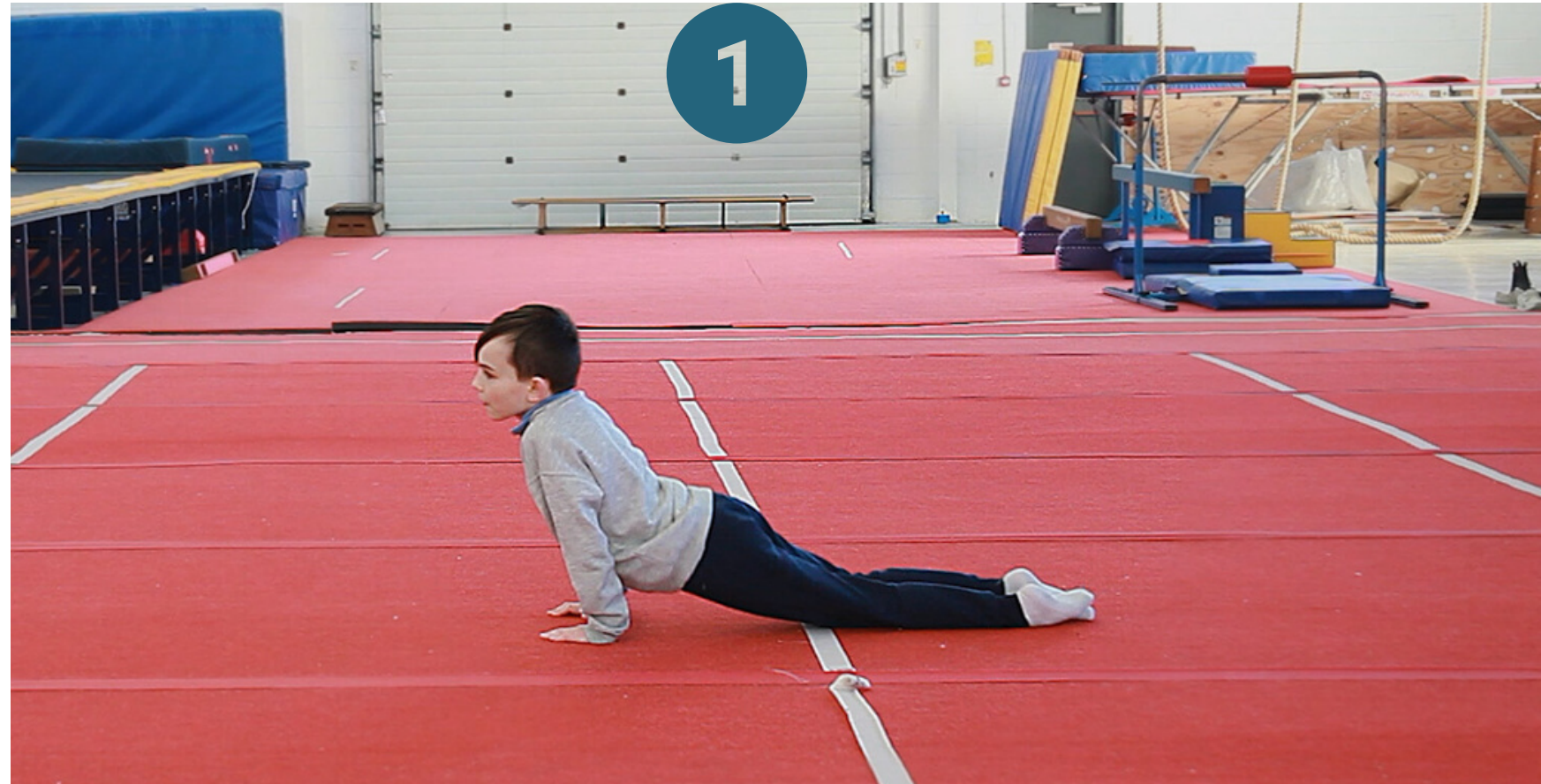
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SEAL WALK



TEACHING POINTS

1. Lay on a mat with legs flat on the floor, place hands under shoulders and push up using the hands
2. Walk hands forward one at a time, keep legs on the mat



FURTHER CHALLENGE

- Encourage pupils to seal walk very slowly
- Remind pupils to keep arms as straight as possible
- In pairs, pupils mirror each other when completing the seal walk



KEEP MOVING

- Peer Observation: One partner seal walks while the other partner names one thing they are doing well and one way they can improve



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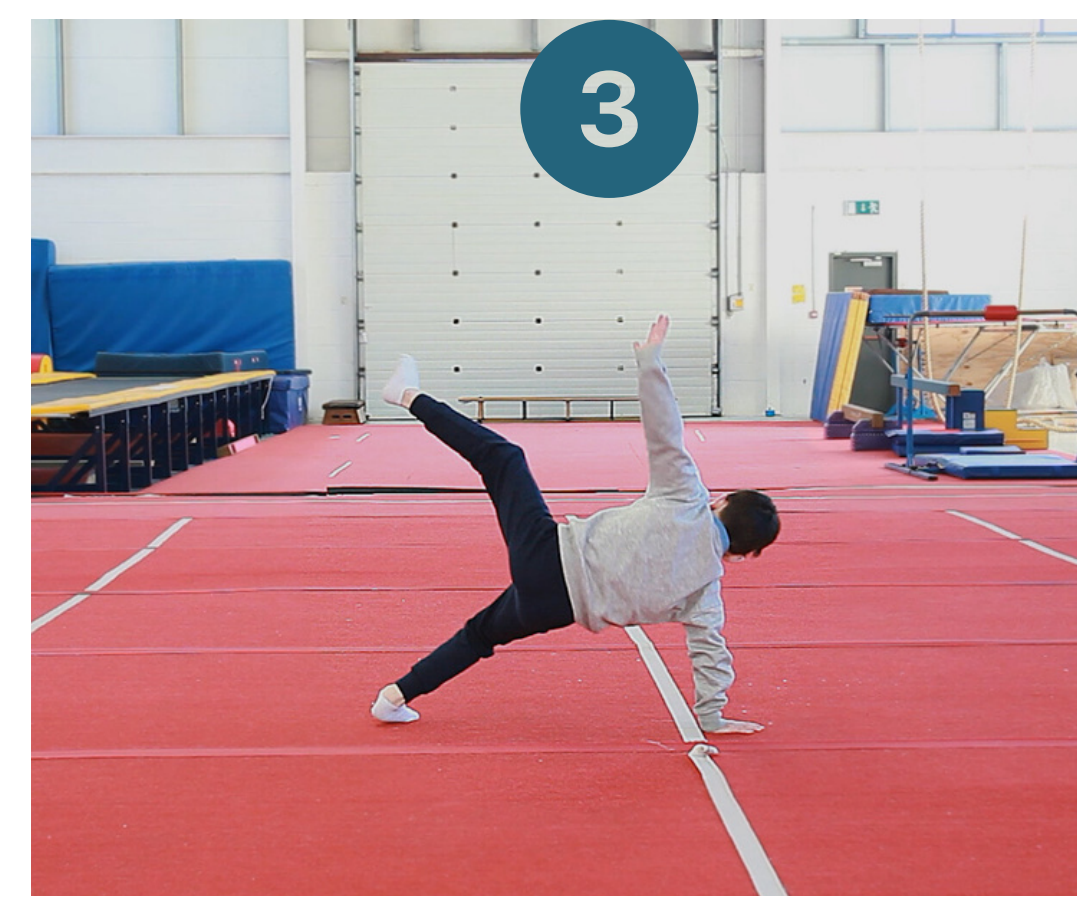
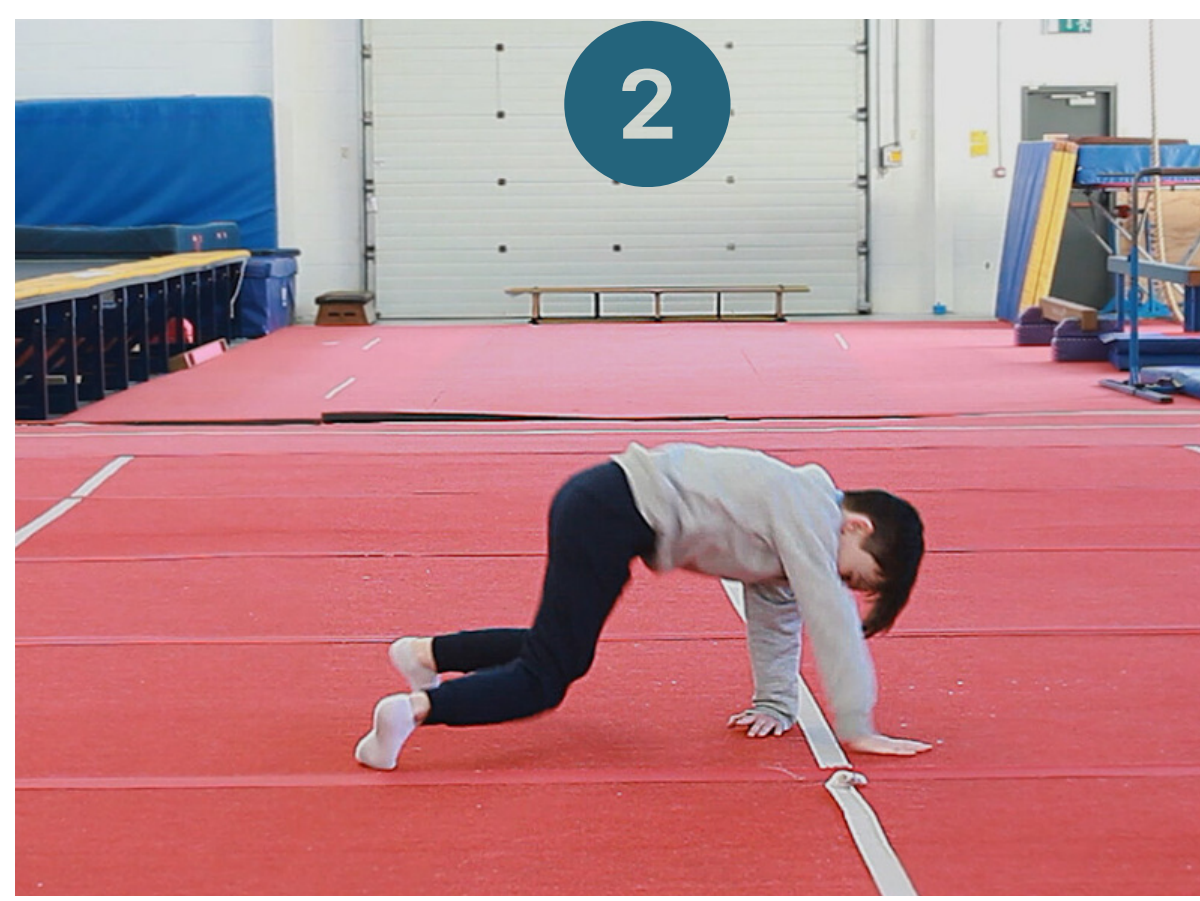
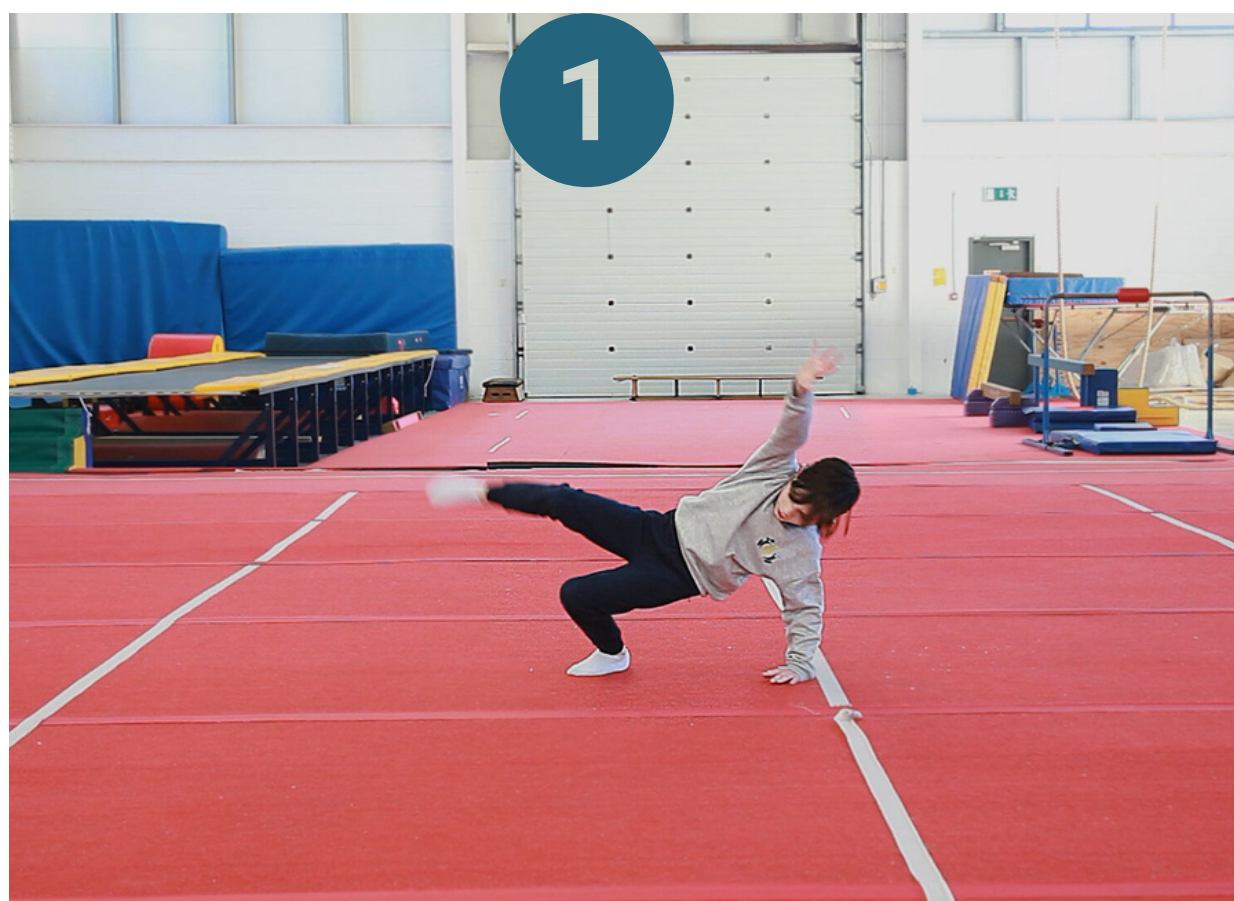
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SCORPION ROLL



TEACHING POINTS

1. Begin in the crab position
Raise the right leg and right arm in the air, turn the head to the left and rotate the whole body left
2. Place the right leg and hand on the floor
3. Raise the left leg and left arm and rotate left
returning to crab position.



LET'S ADD MORE CHALLENGE

- Encourage pupils to roll like a scorpion very slowly
- Remind pupils to keep the elevated leg as straight as possible when rotating
- In pairs, pupils mirror each other when completing the seal walk



LET'S KEEP MOVING

- Mirror animals
- Working with a partner pupils try to mirror the action of their partner. Slow, conscious deliberate movements are emphasised.



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