

Physiotherapy

ANIMAL WALKING

ANIMAL WALKS ARE A GREAT WAY TO PRACTISE OUR COORDINATION AND BODY AWARENESS AS WELL AS MAKING LOUD SOUNDS

ONE ANIMAL PER DAY

SING THE SONG AND PRETEND TO BE AN ANIMAL

WALKING IN THE JUNGLE, WALKING IN THE JUNGLE
WE'RE NOT AFRAID, WE'RE NOT AFRAID
WALKING IN THE JUNGLE, WALKING IN THE JUNGLE
WE'RE NOT AFRAID, WE'RE NOT AFRAID
ONE STEP TWO STEPS THREE STEPS
ONE STEP TWO STEPS THREE STEPS
STOP LISTEN WHAT THAT? IT'S A

- MAKE THE SOUND OF THE ANIMAL AS YOU PRETEND TO BE IT!!



MONDAY

Frog Jump



Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

TUESDAY

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

WED

Bear Walk



Key Points

- Extend legs straight
- Head down

THURS

Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

FRIDAY

Caterpillar Crawl



Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

