

Animal Locomotion



Engage and Reflect

Watch *Virtual Vitamin Z* | Zoo Educational Lesson: *Animal Locomotion*

https://youtu.be/AmVE_JjBhBE



Skills

- Gross motor skills: running, jumping, crawling, etc.
- Body management skills: balancing, bending, stretching, etc.



NGSS Science and Engineering Practices

- Structure, Function, and Information Processing



Experience

- 10-15 minutes
- 1 or more people

Can you slither like a snake? Jump like a kangaroo? Or balance like a flamingo? Come exercise your wild side with these fun movements inspired by our friends in the animal kingdom! These simple exercises are great in any indoor or outdoor habitat and promise to strengthen gross motor skills in a playful and creative way. Once you get started, you'll realize the possibilities are endless!



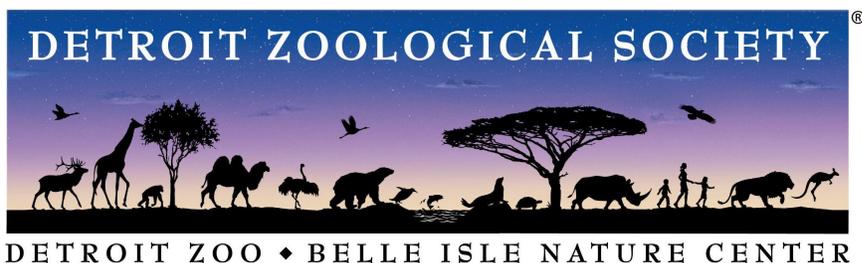
Celebrating and Saving Wildlife and Places

Part of living a more humane life begins with an appreciation for the natural world. By simply emulating the different ways in which animals move their wings, paws, and fins one deepens their empathy and connection with animals. These relationships can last a lifetime, ensuring a future of people helping animals and protecting their natural spaces.



Take Action

Get curious and be observant! Come and visit the zoo or study the animals in your neighborhood and note how they are moving. Challenge yourself to move your body in the same way.



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Supplies

None

1 or more people



Directions

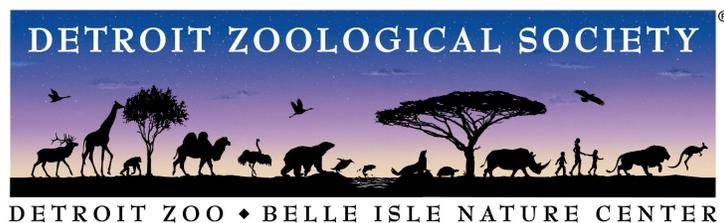
Find a space, indoors or outdoors, where you have room to safely move.

- Bird
 - *Hummingbird*: Stick your arms out halfway to mimic smaller wings and flap them as fast as you can while staying in one spot.
 - *Vulture*: Stick your arms out to your sides and soar by holding your arms steady while moving your body in big circles.
 - *Ostrich*: Bend your arms at your elbows to make your wings. Then, get your knees up high and run as fast as you can.
- Water Monitor
 - Lay on your belly and then move your limbs diagonally; front left, back right, front right, back left. Take a break, flick your tongue, and then repeat. Try to speed up.
- Rhinoceros
 - Spread your feet apart, bend at the waist, and use your fingers to make a pointy horn over your nose. Stomp around or find something like a log to rub your horn on.
- Frog
 - Squat down and then jump up as high as you can. You can jump straight up or you can try to leap forward.
- Giraffe
 - Put your arms together and stretch as high as you can to emulate a giraffe's long neck. Walk around looking for leaves to eat or gallop away from a predator!

Notes

To make it more accessible to different ages and ability levels -

- Try to move and use your space like any animal. Choose an animal that suits your movement needs; some require you to move only your upper body, others require you to move just your lower body, and some require your whole body.



To make it more of a challenge -

- Turn animal locomotion into a game like Follow the Leader or Guess Which Animal I Am.
- Host a friendly competition to see who can slither the fastest, jump the highest, or hop the farthest.
- Give yourself a goal; 10 frog jumps, hover like a hummingbird for 180 seconds, or walk like a water monitor from the kitchen to the bedroom.
- Coordinate more than one movement at the same time! Try to flick your tongue as you slither like a snake or balance like a flamingo while flapping your wings without falling over.

