



## “Walk This Way”

### ACTIVITY

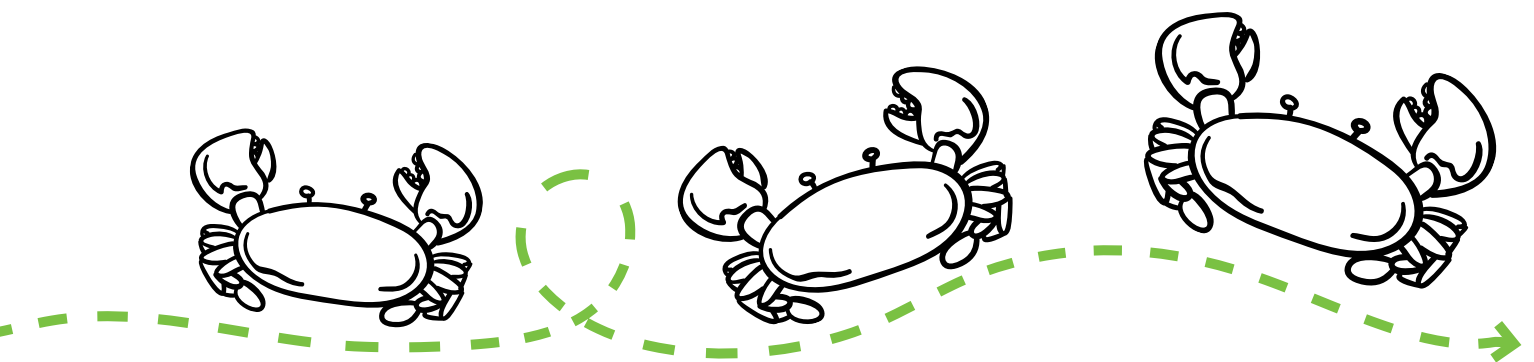
Have students practice doing different “animal walks” this month to strengthen their arm, leg, and back muscles. While they may look silly, they’re an excellent workout—and pretty hilarious! Have students do the “Bear Walk,” walking on all fours (hands and feet, not on their knees). Then have them try to master the “Crab Crawl” while crouched and walking backwards on all fours (using their wrists) like a crab. At the end of the month, put their strength, coordination, and animal-walking skills to the test in a relay. Have them do the “Bear Walk” from point A to point B and then turn around and do the “Crab Crawl” all the way back to the starting line.

### EXTENSION

Have students invent an animal walk of their own and demonstrate to the class. Ask them what muscles they think they’re using the most.

### SKILLS

These walks help build physical strength and coordination.



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