

Get Active

Animal Moves

This active game can be played on your own or with family and contributes to your goal of **60 minutes of physical activity per day.**

Below are 4 suggestions for different ways to play.

No equipment: Close your eyes and point to one of the animals on the page at random. Complete the move of that animal for 20 seconds.

Floor toss: Print (or write or draw) out the different moves on separate sheets of paper. Arrange the pages on the floor. Throw a beanbag or other small object to the pages and complete the move it lands on for 20 seconds.



Stomp like an elephant



Jump like a frog



Star jump like a starfish



Hop like a bunny



Flap like a bird



Stand on one foot like a flamingo



Gallop like a horse



Side-step like a crab



Kick like a zebra

Use a deck of cards: Choose your 4 favourite moves and assign a move to each suit (e.g. Spades = Star jumps). Draw a card from the deck and complete the move for that suit the number of times on the card (i.e. 4 of spades = 4 star jumps). Make a rule for picture cards.

Use dice: Choose your favourite 6 moves and give each move a number 1-6. Roll the dice and perform the move for 30 seconds. For extra challenge, use 2 dice; come up with 2 extra moves of your own and number the moves 2-12.