

Animal Moves

Pre-K Standards:

Physical Development: 1.PK.1, 2.PK.1, 2.PK.2, 2.PK.3, 3.PK.1, 4.PK.1, 5.PK.1

Language/Listening: 7.PK.1a

Creative Expression/Dramatic Play: 2.PK.1



Instructions:

1. The goal is to pretend and move around like different animals.
2. Walk like a penguin.
3. Hop like a frog
4. Hop like a bunny, etc.

Skills:

- Jumping
- Balancing
- Light cardio
- Light muscle strengthening