



Animal Fitness

OVERVIEW

In this lesson using commonly known animals such as a fox, dog and an inchworm, students enjoy learning about the movements of various animals. The teacher demonstrates how to move and be like that animal using various exercises and students follow along. Students are able to showcase their psychomotor skills in this lesson.

LEARNING OBJECTIVES

Psychomotor

- Students will perform a variety of exercises with the classroom space

Cognitive

- Students will listen and follow simple directions as they perform animal-like movements

Affective

- Students will demonstrate respect for others and their personal space

GRADE LEVEL

K-5

TIME ALLOTMENT

20 minutes

MATERIALS

None

BEFORE THE LESSON

- Briefly review the exercises to be done in the activity
- Briefly explain the topic that students will be working with
- Have a mental note of the types of movements and animals you want to do
 - Dog
 - Cat
 - Mouse
 - Elephant
 - Rabbit
 - Fox
 - Giraffe
 - Snake
 - Bear
 - Cheetah
 - Inchworm
 - Kangaroo

DURING THE LESSON

- Teacher instructs students to stand up and make enough room between them and their peers to move freely
- Teacher moves, bends and stretches while talking aloud about the movements being made while acting out each animal

- Students follow along with teacher to create the same movements

EXTENSIONS

- Act out only farm animals, only jungle animals, only zoo animals
- Have students share other animals not covered and act them out

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