

**SHAPE Standards:**  
3, 5**DPE Outcomes:**  
• I can identify activities help improve flexibility.**Equipment:**  
• Signs for Animal Movements  
• Music**Instructions**

Use alternating segments (30 seconds in length) of silence and music to signal duration of exercise. Students do animal movements when the music plays; they do fitness challenges when the music is not playing.

1. Puppy Dog Walk – 30 seconds.
2. Freeze; perform stretching activities.
3. Measuring Worm Walk – 30 seconds.
4. Freeze; perform abdominal development challenges.
5. Frog Jump – 30 seconds.
6. Freeze; perform push-up position challenges.
7. Elephant Walk – 30 seconds.
8. Freeze; do stretching activities.
9. Bear Walk – 30 seconds.
10. Freeze; perform abdominal challenges.
11. Crab Walk – 30 seconds.
12. Freeze; do stretching and relaxing activities.

A variation is to place animal movement signs throughout the area and instruct students to move from sign to sign doing the appropriate animal movement each time they reach a new sign.

**Teaching Hints**

To add difficulty, place hazards (hoops, cones, etc.) that the students must avoid throughout the river to prevent the group from moving straight across the river. Also, add the rule that if at any time a dot is not being touched, it sinks and can no longer be used.

See Chapter 21 of the DPE textbook for details on teaching cooperative activities, including debriefing.