

Day Nine: May 9, 2020

ANIMAL PLAY!

Sport for Life has shared some of their PLAYbuilder tools to keep your kids active while at home. These games can help to keep you and your family moving, engaged and laughing!



Overview

Duration: 5 Mins

Ages: 2 - 10

Fundamental Movement Skill(s): Hopping, Jumping, Running, Walking

Equipment: None

Environment: Field, backyard, room with furniture moved to the side

Activity Instructions

- Participants move around the play area like different animals. For example: Flying birds, jumping frogs, hopping flamingos, running cheetahs, walking elephants, etc.
- Suggest different kinds of animals or categories of animals (e.g. Australian animals, marine animals) to try moving like.
- For younger children, read a book with animals and ask them to move like the animals in the book.
- For older children, take turns as the person who chooses the type of animals to move like.

To learn more about PLAYbuilder visit <http://getplaybuilder.com>

More activities like this can be found here: <https://sportforlife.ca/blog/playbuilder-activities-to-stay-active-inside/>