

What Animal Would You Be?

STAY ACTIVE

To engage students in a fun, energetic activity where they act out different animals while following a story. Each student will perform animal movements to explore the traits of various creatures from around the world.



Learning Intentions

I can use my imagination to pretend to be different animals:

Students will use their creativity to imagine what it would be like to be various animals while performing corresponding movements.

I can improve my coordination and motor skills:

This game helps students develop physical coordination through animal movements like jumping, crawling, and balancing.

I can follow along with instructions and participate in group activities:

Students will listen to and follow along with the directions, engaging in a fun group activity that encourages physical activity.



Success Criteria

Engagement in Animal Movements:

Students enthusiastically participate in the animal movements and follow along with the story, imagining they are each animal while performing the movements.

Active Participation and Fun:

Students take part in the full activity, moving with energy and enthusiasm while showing excitement for the different animals they transform into.

Following Instructions:

Students correctly perform each animal movement, listening carefully to the instructor's guidance and completing each part of the activity.



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Objective:

To engage students in a fun, energetic activity where they act out different animals while following a story. Each student will perform animal movements to explore the traits of various creatures from around the world.



Players:

Ideal for small or large groups, suitable for students aged 5-9.



Materials:

- A clear space for movement.
- Optional: Printed or digital copy of the "What Animal Would You Be?" story for the instructor to follow (found in PDF resource).

Setup:

1. Ensure there is enough space for all students to move freely and safely.
2. Have the attached video up on a screen so all students can follow along with the movement adventure.

Gameplay:

Start the Adventure: Begin the story by telling the students that they are going on a journey to decide which animal they would like to be. They will explore different animals around the world and perform actions to transform into each one.

The Animal Transformations:

Worm:

"You turn into a worm and start to slither across the ground like an inchworm!" *Action: Perform inchworms on the floor for 20 seconds.*



Kangaroo:

"Now, you are in the hot Australian outback, and you become a Kangaroo, hopping around!" *Action: Perform squat tuck jumps for 20 seconds.*



Black Bear:

"Next, you are in the Canadian mountains, and you turn into a big Black Bear, moving like one!" *Action: Perform bear crawls for 20 seconds.*

Donkey:

"You're now in Mexico and become a Donkey, jumping around!" *Action: Perform handstand donkey kicks for 20 seconds.*



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Wedge-Tailed Eagle:

"Now, you turn into a Wedge-Tailed Eagle, soaring high in the sky!" Action: Perform reverse sit-ups for 20 seconds like flapping wings.

Blue Whale:

"Next, you become the biggest animal on the planet, a Blue Whale swimming in the ocean!" Action: Perform burpees for 20 seconds as if jumping waves.

Dart Frog:

"You now turn into a Poisonous Dart Frog from South America, jumping around!" Action: Perform frog jumps for 20 seconds.

Cheetah:

"Now, you become the fastest animal on the planet, a Cheetah running across Africa!" Action: Perform mountain climbers for 20 seconds as fast as you can.

Sloth:

"After all that speed, you turn into the slowest animal, a Sloth, moving very slowly!" Action: Hold a plank for 20 seconds, staying still like a sloth.

Lion:

"Finally, you transform into the king of the jungle, a Lion, standing proud!" Action: Perform push-ups for 20 seconds to grow strong like a Lion. (note, have students start on their knees for the push ups, this makes the action easier to perform).

Conclusion:

1. "What animal would you like to be? A worm, kangaroo, black bear, donkey, wedge-tailed eagle, blue whale, dart frog, cheetah, sloth, or lion?"
2. Students are encouraged to share their favourite animal and why.

Winning the Game:

This game does not have winners or losers. The objective is for everyone to have fun, be active, and use their imagination to transform into different animals.

Variations for Different Settings:

Modified Edition:

Add educational facts about each animal to the story. For example, explain where each animal lives and what they eat while performing the movements.



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Outdoor Edition:

Take the game outdoors for more space to move. Students can run and jump around in a larger area, making the game even more engaging.

Family Edition:

Play this game with family members at home. Parents and students can participate together, making it a fun and active family bonding activity.

Additional Notes:

What Animal Would You Be? is a fantastic way to get students moving while engaging their imagination. The animal-themed movements help students improve coordination, balance, and physical fitness, all while having fun with a creative, story-based activity. This game encourages physical activity in a playful, interactive way, ideal for keeping young students engaged and active.

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