

# 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.