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# Animal Adventure Movement Class

## Materials Needed

- A soft, safe area for stretching (a rug, mat, or carpeted floor)
- A small, indoor trampoline with a safety handlebar, if possible
- Comfortable clothes for moving
- A speaker for optional music (e.g., upbeat jungle sounds or a children's "move and freeze" song)
- (Optional) Pictures or stuffed animals of the animals you will be imitating

## Learning Objectives

By the end of this lesson, the student will be able to:

- Demonstrate basic gross motor skills like stretching, balancing, and jumping.
- Follow a series of simple, one- and two-step instructions.
- Use their imagination to move their body in creative ways, like an animal.
- Identify and move different parts of their body (arms, legs, back).

## Lesson Activities (Approx. 30-35 minutes)

### Part 1: Waking Up the Animals Stretch (15 minutes)

**Introduction (2 minutes):** Start by sitting on the floor together. Say, "We're going on an animal adventure! But first, all the animals are waking up from a long nap. We need to help them stretch their bodies. Can you help me wake them up?"

**Guided Stretches (13 minutes):** Model each stretch and give it a fun animal name. Encourage the child to copy you. Hold each stretch for about 15-20 seconds, counting aloud or singing a short song.

1. **Giraffe Stretch:** "Let's be a tall, tall giraffe!" Sit on your knees, then reach your arms straight up to the sky. "Try to nibble the leaves on the tallest tree! Reach, reach, reach!"
2. **Cat-Cow Stretch:** "Now let's be a sleepy cat." Get on your hands and knees. Arch your back up like a scared cat and say "meow!" Then, drop your belly down low like a gentle cow and say "moo!" Repeat this 4-5 times.
3. **Snake Stretch:** "Time to be a slithery snake!" Lie on your tummy and place your hands under your shoulders. Gently push your chest off the floor. "Hsssss!" Look up at the ceiling.
4. **Butterfly Stretch:** "Let's be a beautiful butterfly." Sit down and put the bottoms of your feet together. Hold your feet and gently flap your "wings" (your knees) up and down. "Can you make your butterfly fly fast? Now slow?"
5. **Turtle Stretch:** "Oh no, a storm is coming! Let's be a turtle hiding in its shell." From the butterfly position, tuck your head down towards your feet and wrap your arms under your legs if you can. "Hide inside your shell and count to five!"
6. **Flamingo Balance:** "Let's be a fancy flamingo!" Stand up tall. Try to lift one foot off the ground and balance. You can hold onto a wall (or your parent) for help. See if you can hold it for 3 seconds. Then switch feet!

### Part 2: Jungle Jumps on the Trampoline (15 minutes)

**Transition (1 minute):** "Great stretching! All the animals are awake and full of energy. Let's go to the jungle trampoline to jump with them! Remember our safety rule: we jump in the middle and hold

on if we need to."

**Guided Jumps (14 minutes):** Introduce different types of animal jumps. This encourages creative movement beyond simple bouncing. You can play some upbeat music during this part.

1. **Frog Jumps:** "First, let's be a frog! Crouch down low and then JUMP up high!" Do 5 big frog jumps. "Ribbit, ribbit!"
2. **Kangaroo Bounces:** "Now, let's be a kangaroo with a baby in its pouch!" Do small, fast bounces, keeping feet close together. "Boing, boing, boing!"
3. **Monkey Jumps:** "Time to be a silly monkey!" Jump from side to side on the trampoline, scratching under your arms. "Ooh-ooh, aah-aah!"
4. **Bunny Hops:** "Let's be a quick little bunny." Do very light, quick hops, pretending to wiggle your nose and ears.
5. **Free Jump!:** For the last few minutes, allow the child to choose how they want to jump. Ask, "What animal do you want to be now?" or simply let them enjoy bouncing freely.

## Wrap-Up & Cool-Down (2-3 minutes)

After the trampoline time is over, help the child safely get off. Finish the adventure with a calming activity.

- **Elephant Breaths:** Stand with feet wide apart. As you breathe in, raise your arms high above your head like an elephant's trunk. As you breathe out, swing your arms down between your legs and make an elephant sound. Do this 3 times to calm down.
- **Praise:** "You did an amazing job on our animal adventure today! You were a wonderful giraffe, a silly monkey, and a great jumping frog!"

## Differentiation (Making it Easier or Harder)

- **For Extra Support:**
  - Hold the child's hands during balancing stretches (Flamingo).
  - Simplify instructions to one word: "Up!" for the giraffe stretch, "Jump!" for the frog jump.
  - Physically guide their body through the first one or two repetitions of a new stretch.
  - Stay very close and offer a hand during all trampoline activities.
- **For an Extra Challenge:**
  - Ask the child to invent their own animal stretch or jump and name it.
  - Create a sequence: "Can you do a frog jump, then a monkey jump?"
  - Incorporate counting: "Let's do 10 kangaroo bounces!"

## Assessment (Informal Observation)

Watch for understanding and engagement. There is no right or wrong way, just participation!

- Is the child attempting to imitate the movements?
- Are they smiling and appearing to have fun?
- Can they follow at least one-step directions (e.g., "Now let's jump")?
- Are they using their body in different ways (e.g., reaching high, crouching low)?

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