

Ready Position (slight bend in knees hands ready to receive, head up, scan playspace)	
Jump	skip
hop	Hop on 1 foot
Balance on one foot	Hop and spin
run	Side stride
Knee highs	Butt kicks
carioca	Walk backwards
Balance walk (walk-on lines)	1 foot in front of other (must touch heel 2 toes)
Frankenstein (high legs)	Push up
Sit-ups	Burpees
Wall sit	Wheelbarrow (grade 4+)
Jumping jack (Together, Apart)	Arm circles
Bear (hands feet)	Pig (all 4s)
Frog hops	Fairy Walk (throw magic dust while twirling slowly)
Ape walk	Gorilla Walk
Crab Walk	https://www.youtube.com/watch?v=DpgKyq3WCuw
Log rolls	Bug on back
Military Crawl/ alligator crawl	Donkey Kick (1 foot or both, WATCH SPACE)
Duck walk	Horse Gallop
Superman to hollow hold (grade 5+6)	Surfing
Climbing	Swimming
Throw (look, load up, transition, follow through)	Catch (ready, look, good position, watch item until caught)
Shoot (ready, look, right force, right trajectory,	How to fall forward on matts. Kneeling, hands

follow through)	in front, elbows unlocked, turn head to one side, fall using arms as springs). Can progress to standing when ready.
Fall backwards on matts. (Ready, tuck chin to chest, bum to matt, roll back, slap matt). Progress to standing.	Summersault- Ready, hands to matt, tuck chin to chest, bum high, roll over shoulder or shoulders. Care with this one.

Animal walks		
Pigs (hands a knees)	Bear (hands and feet)	Duck (squat walk)
Bunny hop (lower squat, hop)	Kangaroo (hands hop)	Gorilla (hands a feet run, hands go between knees)
Sneaky Ape	Crab walk	Crab slide
Horse gallop	Cheetah (just run)	Worms wiggle on belly
Donkey kick	Panther Hands and knees just off the floor	Tiger sneak (forearms and knees just off floor)
Monkey hop (two hands down hop both feet)	Scorpion roll	Frog Jump
Inch worm	Alligator (on toes or belly, sweep arms arounds, crawl motion with legs)	Penguins (hands at sides, stiff legs)
Sources		
https://www.youtube.com/watch?v=apP2s32sL0Y&ab_channel=PhilDaru		
https://vahvafitness.com/animal-walk-exercises/		