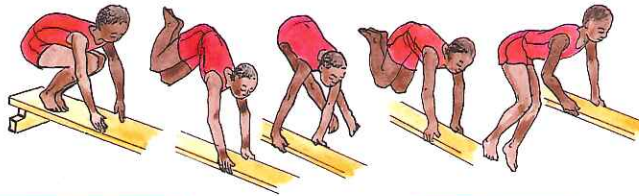


### Crocodile

Walk on forearms and feet near to floor



### Bunny jump



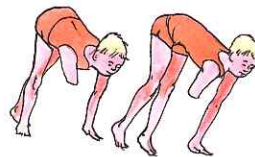
### Caterpillar

Walk feet forward towards hands, hands remain still, and then walk hands away from feet, feet stay still



### Bear

Move leg and arm at same time



### Crab

Hips raised

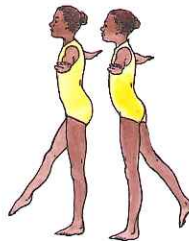


### Links

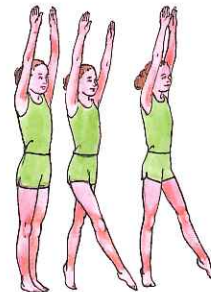
Walk forwards  
Slight turn out of legs and feet



Walk backwards  
Extend leg diagonal to floor



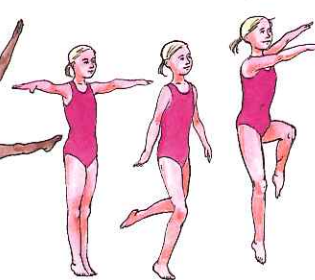
Relevé walk  
Walk on balls of feet



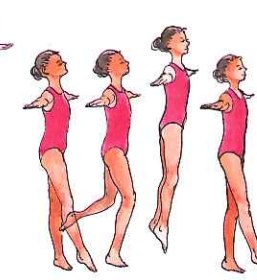
Battement  
Chest high, body erect



Step and hop  
Extend leg as it leaves floor



Front chassé  
One leg 'chases' the other



### Visit to the zoo



### Visit to the zoo

- The teacher tells a story of visiting the zoo to see various animals.
- Introduces animals one at a time, describing and demonstrating how they move.
- Children copy the actions one at a time.
- Select from bunny hops, frog, snake, crab, caterpillar, crocodile, bear, camel, etc. (See the TOP Gymnastics Handbook.)

### Think INC.

Children can travel in different ways, either on their own or by using equipment and personal aids, e.g. walking frames, to help maintain the shape and co-ordination while travelling.

### Vocabulary

Parallel, extend, sequence, routine, combine, point, opposite, transfer, travel, waist, drag, invert, perimeter

### Safety: Ensure the children:

- check pathway is clear before travelling backwards
- place hands on the floor with flat palms
- have sufficient space for their work and are aware of others when completing tasks
- show competence on floor before trying travelling skills on apparatus.