

Grades K-2

“WALK THIS WAY”

Have students form a single line on one side of a room, hallway, gym or outdoor play area. Explain that you'll start as the line leader and call out instructions for “silly walks.”

Call out one action at a time, then turn around and do the action yourself. Have kids copy the action until you call out the next one. Start with simple locomotor commands, like march, gallop, hop, skip or walk backwards. Then try an animal theme with commands like “Walk like a duck,” “Jump like a frog,” Vary the tempo with different kinds of animals: e.g., “Move like a sloth” (slow) followed by “Run in place like a jaguar” (fast). Ask kids for their own ideas for silly walks. Give a couple examples and demonstrate, then encourage kids to brainstorm and use their imaginations!

Here are some ideas:

- “Walk like an Egyptian.”
- “Walk like the Abominable Snowman.”
- “Walk like a basketball player.” (pretend you're dribbling a basketball ball with your hand while walking)
- “Walk like a soccer player.” (pretend you're dribbling a soccer ball with your feet while running slowly)
- “Walk like a king or queen.”
- “Walk like a penguin.”
- “March in a marching band.” (pretend you're playing an instrument)
- “Walk like a ballerina.” (walk on your toes)
- “Walk like a zombie.” (with arms outstretched in front of you)
- “Walk like a crab.” (backwards, on all fours, with palms on floor behind you)