**Animal Walks**

Pick a starting line and a finish line either inside or outside. It is okay if your path curves especially if you are inside your house. You are going to get some exercise by practicing your animal walks. Try these today:

1. Bear Walk
2. Frog Jump
3. Bunny Hops
4. Crab Walk
5. Duck Walk
6. Crouching Tiger

This video shows you all of the animal walks: <https://youtu.be/rjrLM3qi450>

You can do each of the walks from your starting line to your finish line and back again. Which was is easiest? Hardest? Try timing yourself to see which way you can do the most quickly. No cheating on the duck walk!

Once you get to know how to do each of these walks, now it is time to try to do them **BACKWARDS**. Can you do it? Which ones are harder? Which ones are easier?