

# MoveAbout Activity Cards



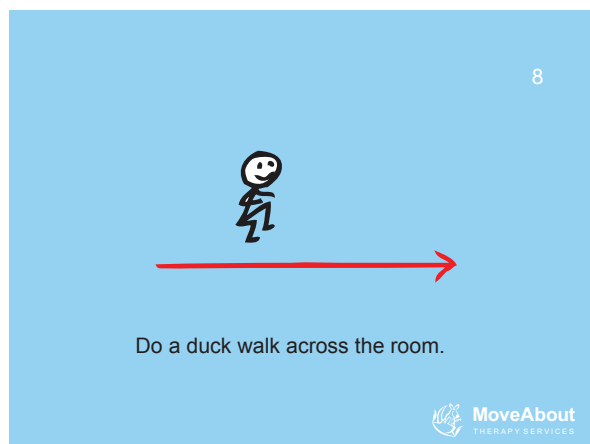
## Things to Remember: Tasmanian Devil Spin

- Find a nice open space
- Stand up straight with arms out to the side
- Spin 5 times one way, then 5 times the other way

### Try with:

- Spinning relays
- Dizzy red light/ green light
- Spin to get puzzle pieces
- Obstacles courses

YouTube video: [https://www.youtube.com/watch?v=cUk9AVS0PoE&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH\\_aS&index=4](https://www.youtube.com/watch?v=cUk9AVS0PoE&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH_aS&index=4)  
 Or search 'MoveAbout Tasmanian devil spin' on YouTube



## Things to Remember: Duck walk

- Squat down
- Put your arms out to balance, not on the floor
- Step forward
- Don't go too fast or you might fall over

### Try with:

- Animal relays
- Red light/ green light
- Obstacle course
- Puzzles

YouTube video: [https://www.youtube.com/watch?v=l0AxJhE0tGk&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH\\_aS&index=8](https://www.youtube.com/watch?v=l0AxJhE0tGk&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH_aS&index=8)  
 or search 'MoveAbout duck walk' on YouTube



## Things to Remember: Bear walk

- Stay on hands and feet (not knees)
- Keep your bottom up
- Don't rush or go too slow

### Try with:

- Red light/ green light
- Go on a "bear Hunt"
- Bear walk over the pillows

YouTube video: [https://www.youtube.com/watch?v=AVPApZTiBzE&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH\\_aS](https://www.youtube.com/watch?v=AVPApZTiBzE&list=PLCY0RMxJrqUGW2IboWnBOUr1XD-4kH_aS)  
 or search 'MoveAbout bear walk' on YouTube