

# MoveAbout Activity Cards



## Things to Remember: Kangaroo Hop

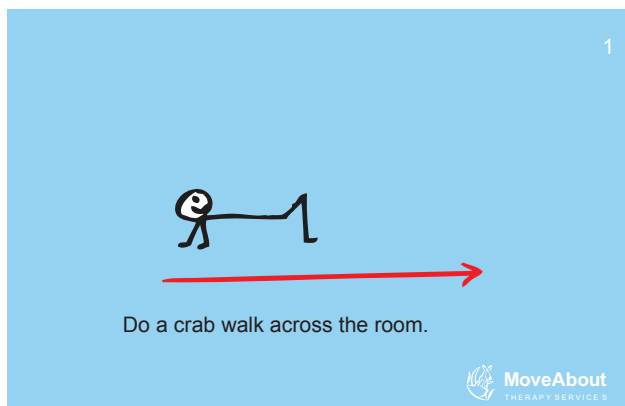
- Stand up straight
- Bend your knees and jump forward
- Jump with both feet leaving floor at the same time

### Try with:

- Obstacle courses
- Animal relay relays
- Red light/ green light
- Animal rescues

YouTube video: [https://www.youtube.com/watch?v=QvX8HrLxiOM&list=PLCY0RMxJrqUGW2lboWnBOUr1XD-4kH\\_aS&index=9](https://www.youtube.com/watch?v=QvX8HrLxiOM&list=PLCY0RMxJrqUGW2lboWnBOUr1XD-4kH_aS&index=9)

Or search 'MoveAbout Kangaroo Hop' on YouTube



## Things to Remember: Crab Walk

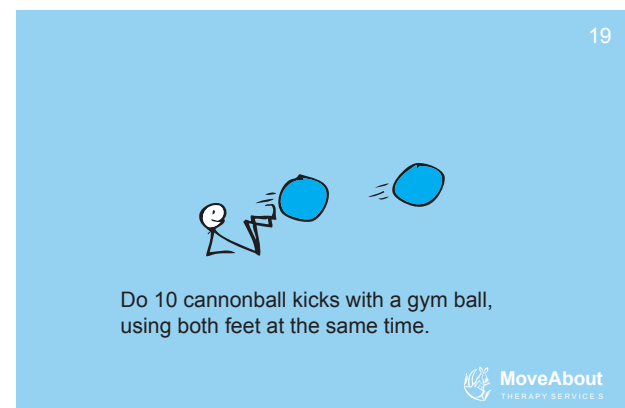
- Stay on your hands and feet
- Keep your bottom off the ground
- Try moving in different directions (forwards, sideways, backwards)

### Try with:

- Crab soccer
- Crab relays
- Red light/ green light
- Animal rescues

YouTube video: [https://www.youtube.com/watch?v=VTzvPeBCzuw&list=PLCY0RMxJrqUGW2lboWnBOUr1XD-4kH\\_aS&index=2](https://www.youtube.com/watch?v=VTzvPeBCzuw&list=PLCY0RMxJrqUGW2lboWnBOUr1XD-4kH_aS&index=2)

or search 'MoveAbout Crab Walk' on YouTube



## Things to Remember: Cannonball Kicks

- Lay on your back on the floor and put your arms out to the side for support
- Lift your legs up and bend your knees into your chest
- Kick the ball back to your partner
- Don't let your feet touch the floor

### Try with:

- Beat the bad guy (try to knock over mum or dad)
- Target practice

YouTube video: <https://www.youtube.com/watch?v=G-JEWk3FcNE>

or search 'MoveAbout Cannon Ball Kick' on YouTube