Foxes & Bunnies

Questions

How quickly and lightly can you move around the room?

Fox



Start on your hands and feet

Try to 'run' on your hands and feet

Bunny



Foxes & Bunnies

Further teaching points

Fox

- Pupils should try to keep an angry cat shape
- Keep arms straight
- Pupils move opposite arms, opposite leg

Bunny

- Pupils should try to keep an angry cat shape
- Keep arms straight
- Try to lift their bottoms high when they hop
- The action is hands to feet, hands to feet, keeping hands flat

Adapting the activity

Enable

- Practise moving as a fox only
- Practise bunny hops only
- Have lots of bunnies, few foxes

Challenge

- Increase number of foxes
- Bunnies to try to extend hop during game
- Bunnies to use a different caught shape, e.g. star, ship, crab etc.

Health Related Exercise benefits

Improves

- Strength of shoulders, arms and wrists
- Stamina

Links to future learning

> Front support

> Handstand

