

No. 62010

Body Poetry: Animal Action Cards

Innovative exercise young bodies and minds!



Pour instructions en langue française, veuillez visitez notre site web: www.roylco.com/fr

Para instrucciones en español, visite por favor nuestro sitio web: www.roylco.com/es

Für die deutsche Anleitung besuchen Sie bitte unsere Website: www.roylco.com/de

Children need physical activity everyday. Sometimes it is hard to integrate exercise into a busy curriculum. Body Poetry cards can make conducting 20 minutes of activity fun and easily integrated into the curriculum!

Each card features an illustration of an animal along with a fun photograph of a child in an animal related pose. On the back of the cards are track patterns that the teacher can describe to the children. Children can emulate these patterns while assuming the pose of the animals. Create a classroom conga line! If you do not have time to go to the gymnasium or out to the playground, walk up and down the aisles of the classroom. Remember to make the noise of the animal as you walk through the classroom. Change animals by holding up different cards every two to four minutes.

There are three track patterns for each animal. These patterns are designed to provide different levels of exercise by focusing on different muscle groups. The easiest pattern is on the top of the card. The middle pattern is more challenging. The bottom pattern is the most difficult. Start off by using the top pattern only. When your students are comfortable with the easiest patterns, proceed to the more challenging patterns.

The animal poses have various levels of challenge. The green bordered cards are the easiest, followed by the yellow border with the red border being the most challenging. Introduce children to the exercise using the green cards. As they become more proficient, move to the yellow and red. Once children are very comfortable with the exercises, mix up the cards and create more complicated exercise routines.

Integrate exercise into other areas of the curriculum! We've provided you with reproducible animal track patterns. Photocopy these patterns and hand the copies out to students. Students can color them in and cut them out. Coloring and cutting help develop fine motor skills. Improving fine motor skills will aid children with their penmanship and ability to paint and draw.

Once cut out, arrange the animal tracks on the floor in new and interesting patterns. Tip: If you want to reuse the tracks, laminate them before cutting out. Alternatively, put up the tracks on the classroom wall or use them to decorate an animal-inspired bulletin board display. We have included simple arrows along with the tracks. Use these to create a path through the classroom.

Talk to your students about the animals. We have included basic information along with an interesting fact about each animal. Use this information as a starting point for your zoological discussions. Encourage students to do additional research. Once the classroom is familiar with these sixteen animals, make your own cards! Assign individual students or small groups with an animal. Each student or group researches

the animal and draws a picture representing the animal in a pose. Next they find information about the animal track and draw an outline of the footprint. Finally, they can create their own pathways by photocopying the track artwork and cutting them out and taping them to the floor. Each student or group can take a turn leading the classroom in exercise!

Use Body Poetry cards in creative writing. Ask students to write a description of one of the animals. Students can imagine a meeting of two of the animals and write dialogue for the encounter. When students make their own cards, they can write up information about the animal and describe its stance and animal track patterns. Encourage students to write stories and poetry about the animals.

In the guide we have included a written description of each animal's stance along with descriptions of each of the three track patterns. While becoming familiar with the stances and patterns, photocopy these descriptions and paper clip them to the backs of the cards. Refer to these descriptions when relating the poses and patterns to students. Once students have gone over the poses several times, you will be able to hold up the card and they will be able to recreate the stances and shuffle, swing, waddle and walk without verbal instructions!

Exercise should be fun and invigorating. Once you have completed 20 minutes, students will be refreshed and alert. Experiment by conducting your exercise at different times of the day. If you find that your students need more physical activity than you can provide in 20 minutes, perform the exercise just prior to recess in order to charge students up so they will go into the school yard full of energy. If you find students are starting to drift off in the afternoons, conduct your exercise routines an hour after lunch. If you want to start your day off with a bang, launch into exercise at the beginning of the day. No matter when you do it, exercise is a great way to clear the mind and invigorate the body. Enjoy Body Poetry everyday!



1. Green Cards

Brown Bear: Mammal



Location: North America, northern Europe and Asia.

Characteristics: The brown bear is usually dark brown, but may vary from blonde to black. It has long, non-retractable front claws for digging roots and bulbs. When threatened, it will stand upright on its hind legs to appear more intimidating. The brown bear will eat meat when available, but tends to be more of an herbivore.

Did you know? During the winter season, the brown bear will hibernate for up to 6 months.

Stance: Stand with your feet hip width apart. Lean upper body forward. Lift and bend arms. Imitate bear claws with hands by extending fingers. Encourage students to growl like a bear as they lumber around the classroom!

Track Pattern 1: Wide, short steps spaced regularly apart, left, right, left, right.

Track Pattern 2: Long strides with feet dragging along the floor.

Track Pattern 3: Stand sideways and walk cross foot. Left foot over right foot, swing right foot behind left foot.

Emperor Penguin: Bird



Location: Commonly found around Antarctica.

Characteristics: Largest of the penguins, standing up to 1.6 m (3' 6"). Covered in feathers—pure white on the belly and black on the back. Walks on snow upright and slides down hills like a toboggan on its stomach. Penguins are graceful swimmers and can dive down to 530 m (1750 ft). Penguins prey on schools of fish like sardines and anchovies.

Did you know: Only two penguin species will spend their winters in Antarctica, the Emperor penguins and the Adelie penguins.

Stance: Stand with feet together, heels touching and toes pointing out. Arms bent, hands pointing out. Penguins take very short steps to walk.

Track Pattern 1: Short steps, heels in, toes pointing out.

Track Pattern 2: Walk backwards with toes pointing extremely out.

Track Pattern 3: Short hops with toes pointing out.

Northern Leopard Frog: Reptile



Location: Ponds, lakes and marshes in southern Canada and northern USA.

Characteristics: Usually covered with green and brown rows of spots with pale borders. They feed on algae, insects and other invertebrates.

Did you know? Brightly colored frogs are often poisonous to predators. The Poison-dart frog is bright blue and highly lethal!

Stance: Stand with feet hip-width apart. Bend your knees into a squatting position. Bring arms forward (place palms on the floor for balance if necessary). Hop around with a springing leap before reverting to a squatting position. Ribbit, ribbit, ribbit!

Track Pattern 1: Regular, medium length hops.

Track Pattern 2: Slalom hopping, center, left, center, right.

Track Pattern 3: Begin with feet together. After each hop, spread feet slightly apart. After 4 hops begin to move feet back together.

Sword-billed Hummingbird: Bird



Location: North-western South American (Andes).

Characteristics: The body is covered in dark green feathers. The tail is black and there are two white spots over the eyes. The bill is very long so it can suck the nectar from deep flowers such as the daturas.

Stance: Extend arms straight out from the shoulders. Tilt head back to look up at the ceiling. Move arms up and down in short, rapid flutters. Move in small steps.

Did you know: The sword-billed hummingbird is the only bird whose bill is longer than its body.

Track Pattern 1: Take six small steps to the right, followed by six small steps to the left.

Track Pattern 2: Take three small steps to the right, followed by three small steps to the left.

Track Pattern 3: Hop from left to right while flapping arms.

Bald Eagle: Bird



Location: North America. Lives near sources of fish, lakes, rivers, coastal regions.

Characteristics: Easily recognized by their white heads, yellow beaks and broad brown wings. They will eat fish, other birds and larger, dead animals.

Did you know? Bald eagles pair for life; even after a prolonged separation, they will come back to each other.

Stance: Stand with feet spread shoulder-width apart. Lean upper body slightly forward. Extend head and neck forward. Raise arms to shoulder height. Flap arms slowly and powerfully from above shoulder to tight against body.

Track Pattern 1: With arms outstretched, glide in a narrow arch flapping arms once. Repeat in the opposite direction.

Track Pattern 2: Soar in a long, narrow oval, flapping arms once.

Track Pattern 3: Glide in a narrow figure "8," flapping arms at each end of the 8.

2. Yellow Cards

Ostrich: Bird



Location: Eastern and southern Africa.

Characteristics: The largest of all birds, up to 2.13 m (7') tall. Black and white plumage. It cannot fly, but it can run up to 70 kph (44 mph). It has two toes on each foot. It eats grass and other plants and will walk long distances to find food.

Did you know? Although many people believe that birds' knees seem to bend backwards they actually don't. The 'backwards knee' that we see is in fact their ankle. The lower part of their leg, which looks like a shin is the foot and the part that birds stand on is their toes.

Stance: Stand with feet hip-width apart. Emulate wings by tucking hands into armpits. Use a marching stride to walk with toes pointing down. Bob your head back and forth as you walk.

Track Pattern 1: March on tiptoes in a straight line.

Track Pattern 2: March on tiptoes alternately pointing toes in and pointing toes out.

Track Pattern 3: March on tiptoes two steps forward, cross right foot over left, take two steps forward and cross right foot over left.



Red Kangaroo: Mammal

Location: Semi-arid center of Australia.

Characteristics: The largest of all marsupials, up to 2.7 m (9') tall. It has powerful hind legs, short forelegs and a very strong tail. It detects predators using its sharp eyesight and sensitive ears. It feeds at night on juicy plants.

Did you know: Red kangaroos have three main predators, the wedge-tailed eagle, the dingo and man who hunts the kangaroo for its meat and skin.

Stance: Stand with feet hip-width apart and knees slightly bent. Bend arms at elbows and bring them in tight to the side of the body facing forward. Take long, striding jumps. When walking, the kangaroo uses its toes and heel. When taking long jumps, it uses its toes only.

Track Pattern 1: Take short, easy jumps.

Track Pattern 2: On tiptoes, take two short jumps and one long jump.

Track Pattern 3: On tiptoes, take slalom jumps, left, right, left, right.

Bottlenose Dolphin: Mammal



Location: Found in all oceans except near the polar regions.

Characteristics: Named for its short, robust beak. It can vary in size and color, but most often is grayish black with a cream colored belly. Dolphins located in tropical waters are smaller, 2 m (6' 6") while those living in open waters are twice that size. They feed on all kinds of fish, crustaceans and molluscs.

Did you know? The bottleneck dolphin has between 18-27 pairs of small and conical teeth in both its upper and lower jaws.

Stance: Stand with feet hip-width apart. Lean slightly forward. Put arms tight against the side of the body with hands pointing out to resemble flippers. To move, flap hands like flippers and either take small, sliding steps or jump like a dolphin jumping out of the ocean to breathe.

Track Pattern 1: Move in a shallow arc, coming up for air at the top of the arc and then ding down again.

Track Pattern 2: Move in short, sharp arcs, about 2 or 3 small steps, breathing at the top of each arc.

Track Pattern 3: Travel "underwater" for five steps and then pop-up for a quick breath before submerging again.

Western Gorilla: Mammal



Location: The forests of central Africa.

Characteristics: The western gorilla is the largest living primate, reaching up to 1.8 m (5' 10") and 209 kg (460 lbs). All gorillas are covered in black fur except the alpha male or Silverback. It is the leader of the family group and distinguished by silver-grey fur on its back. They feed on fruit, stems, leaves, seeds and insects such as termites.

Did you know? When defending its territory or members of its family, the Silverback will bark and stare, and if the threat persists, it will attack with fists and teeth!

Stance: Stand with feet shoulder-width apart. Bend knees slightly and point toes slightly outward. Arch back forward. Hang arms loosely out to the side with fingers and thumbs folding into palms. Walk in a waddling motion from side to side while swinging arms.

Track Pattern 1: Swing arms while walking in a straight line taking medium length steps.

Track Pattern 2: Take two steps, bring feet together and take a short hop.

Track Pattern 3: Take two steps forward, widen your stride for two steps and then bring them back in for two steps.



Papilio Glaucus Butterfly: Invertebrate

Location: Woodlands and gardens of North America.

Characteristics: There is no scientific basis for separating butterflies from moths. As a general rule, butterflies are beautifully colored and active by day, while moths are dull in color and nocturnal. Butterflies will feed among high foliage in several deciduous trees.

Did you know: There are over 165,000 species and 127 families of moths and butterflies.

Stance: Spread your arms and legs wide apart to correspond to the outmost points of the butterfly's wings. Walk with wide strides from side to side while flapping your arms in slow, long motions.

Track Pattern 1: Striding side to side, walk in a long, narrow "S" flapping wings slowly.

Track Pattern 2: Walk in shorter, more frequent curves.

Track Pattern 3: Walk in loops while flapping arms.

Red Footed Tortoise: Reptile



Locations: North and central South America.

Characteristics: The red footed tortoise lives on land. Its hard shell protects a soft body. It's colorful green and red stained shell provides excellent camouflage in the forest. It eats plants and fallen food and when available will feed off larger, dead animals.

Did you know? Turtles are among the oldest of the reptile species and can live up to 50 years.

Stance: Stand with feet hip-width apart. Bend forward at the hips and knees. Reach out in front laying hands flat on the floor. For better balance, elevate onto tiptoes. Imitate a turtle's waddle by walking very slowly while leaning left to right.

Track Pattern 1: Waddle in a straight line with feet spread wide apart.

Track Pattern 2: Walk two paces with feet apart, followed by two paces with feet in together.

Track Pattern 3: Walk two paces with feet apart and toes pointing out, followed by two paces with feet close together and toes pointing in.

3. Red Cards

Fallow Deer: Mammal



Location: Originally found by the forest edges of Europe, it has been introduced to wooded areas of North and South America, Africa and Australia.

Did you know? The fallow deer's gestation is 7-8 months. It almost always has only one fawn (baby deer) at a time.

Characteristics: Most commonly recognized by its soft brown fur and white spots, it can be all brown, black or white. It feeds at night to avoid predators and eats grasses and other plant food.

Track Pattern 1: March in a straight line, with feet close together and knees raised high.

Track Pattern 2: March in a winding path.

Track Pattern 3: Hop from side to side bringing knees up high while hopping.

Tiger Shark: Fish



Location: Tropical and temperate coastal ocean waters.

Characteristics: The head disproportionately large compared to its slender body. It hunts along ocean coasts and up into the mouths of rivers. Dark stripes cover the body. It hunts alone at night and eats fish, reptiles, mammals and smaller sharks.

Did you know: The tiger shark is a great hunter because it has excellent eyesight and acute sense of smell.

Stance: Stand with feet hip-width apart. Bend forward at the waist. Arrange arms behind back so the heels of both palms are nestled in the lower back. Put palms flat together with fingers pointing upward to resemble a shark's dorsal fin.

Track Pattern 1: Walk in a straight line five steps. Quickly change direction and walk five more steps.

Track Pattern 2: Walk in a jagged line, cutting through the "water" in quick, short strokes.

Track Pattern 3: "Swim" in a large zig-zag.

African Elephant: Mammal



Location: Varied habitats from rainforest to desert.

Characteristics: The African elephant is the largest species of pachyderm. It has exceptionally large ears, a concave curve on its back and forward curving tusks. African elephants can disrupt their environment while feeding. It is common to see broken tree branches, stripped bark and uprooted trees.

Did you know? Next to humans, elephants have the longest lifespan on any mammal and often live to 60+ years.

Stance: Stand with feet shoulder-width apart. Bend forward at the shoulders. Create the elephant's trunk by elevating the right arm to shoulder height and rotating the shoulder in front of the mouth. Use the left hand to emulate the elephant's ear by cupping it behind the ear. March heavily while raising the foot and flexing ankle.

Track Pattern 1: Walk in a straight path with feet planted widely apart and "trunk" swinging from side to side.

Track Pattern 2: Repeat the same lumbering path, only backwards.

Track Pattern 3: Do the sidestep. Start with both feet side by side. Shift right foot behind the left foot. Sidestep the left foot in front of the right foot. Repeat.

Seahorse: Fish



Location: Northern Atlantic Ocean, Mediterranean and Black Sea. Seahorses live among eelgrass and seaweed.

Characteristics: Seahorses can anchor themselves to seaweed with their prehensile tails. They use tiny fins on either side of their bodies to propel themselves forward and back in an upright position. They feed on tiny plankton.

Stance: Steps: Stand with feet hip-width apart. Bend knees inwards so they are touching. Point feet inward until the toes touch. Rest the arms at each side of the body. Slightly raise the shoulders and use hands as 'tiny fins' by spreading fingers apart. Flip hands (fins) back and forth rapidly to emulate swimming.

Did you know? In recent years, seahorse populations have been endangered by over-fishing.

Track Pattern 1: Take seven tiny steps forward and 2 tiny steps to the right.

Track Pattern 2: Take five tiny steps forward and two tiny steps to the right. Repeat.

Track Pattern 3: Take a zigzag path by taking three steps forward, 2 steps to the right. Repeat.

Leopard: Mammal



Location: Western, southern, central and eastern African and Asia.

Characteristics: In different habitats, leopards can be found in different colors. In the desert leopards are pale yellow while in the grasslands, leopards will be a deeper yellow. They eat a varied diet from dung beetles to antelope. To protect their dead prey from scavengers such as hyenas and jackals, the leopard will use its great strength to drag the prey into the safety of tree branches.

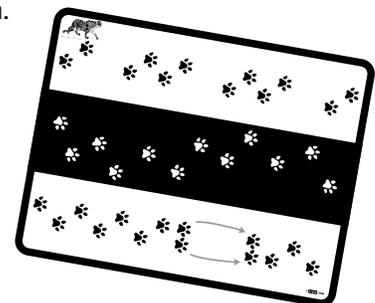
Stance: Stand with feet hip-width apart. Lean forward at the waist. Use arms to represent the cat's forelegs by raising arms up and in front of the chest. Form fingers into claws. Pretend you are in the savannah and walk lithely and quietly as you hunt for prey.

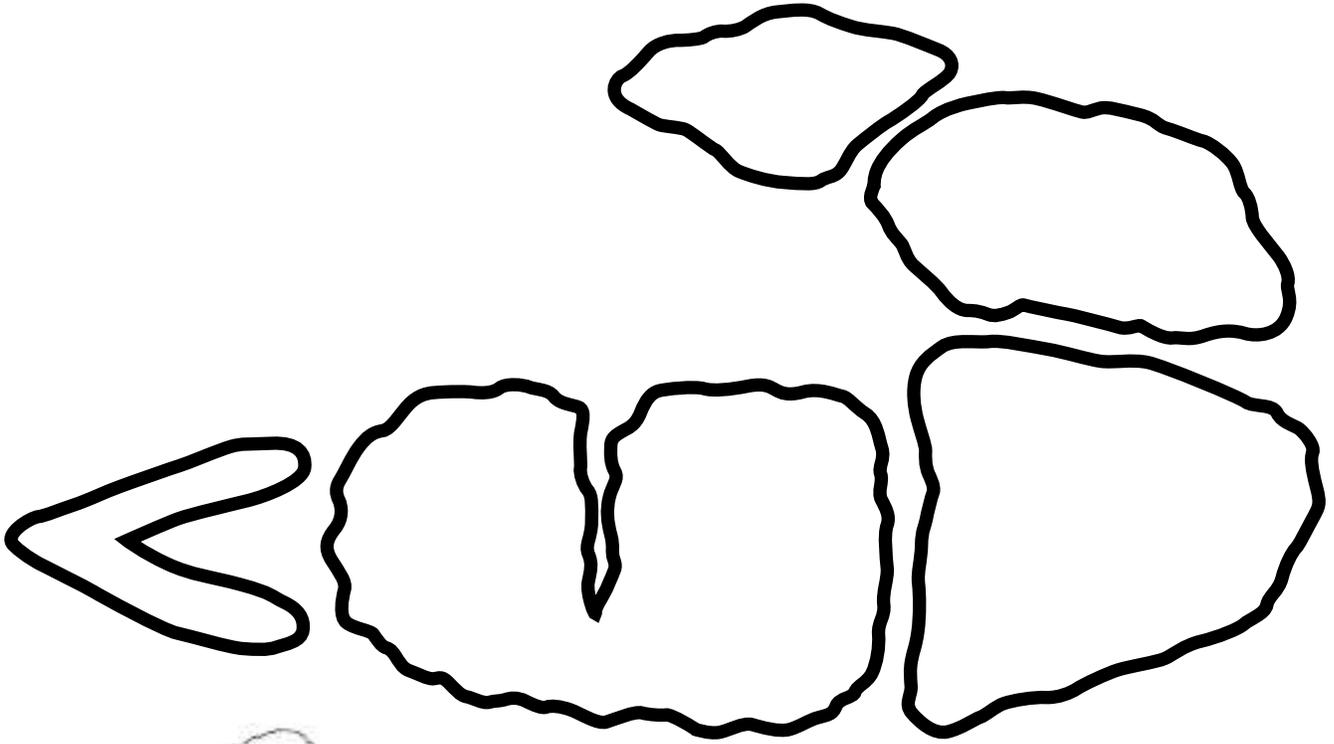
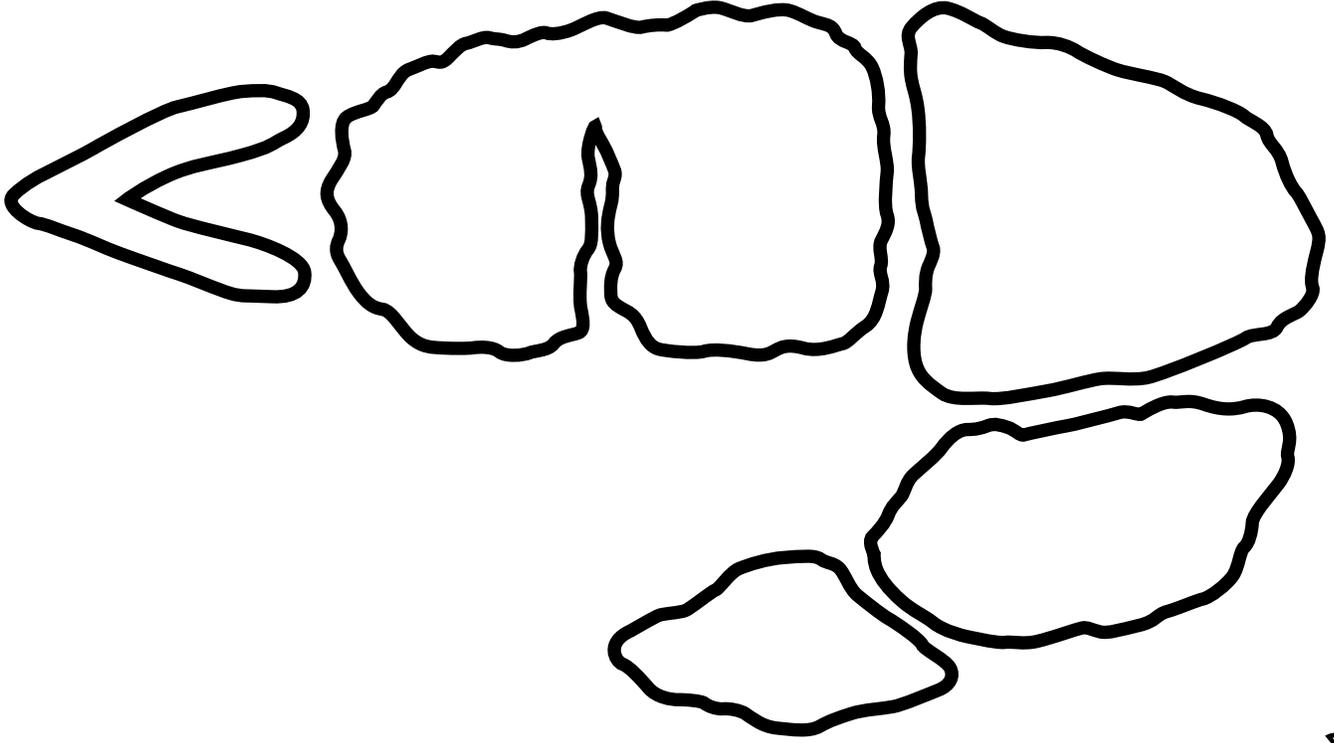
Did you know? "Big cats" of the world include the jaguar, lion and tiger, and the slightly smaller puma.

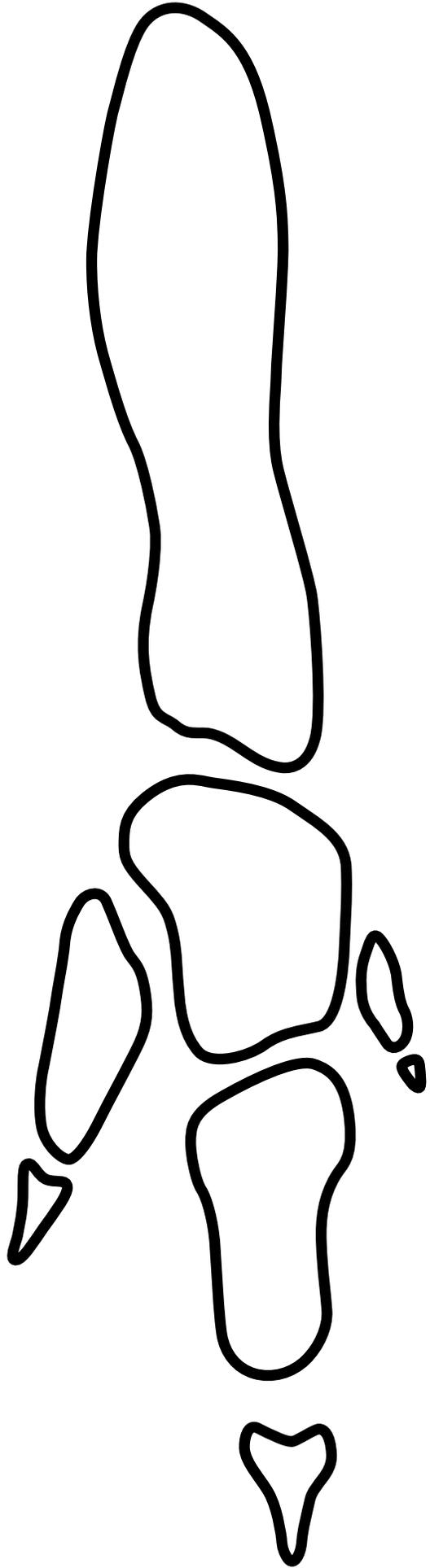
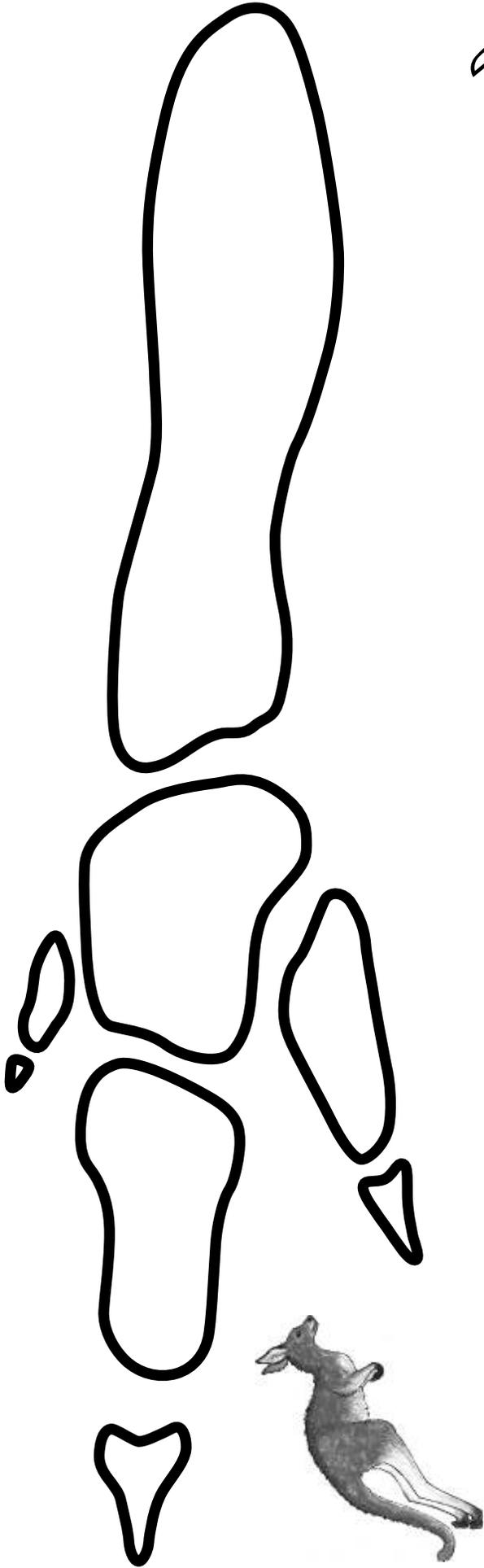
Track Pattern 1: Walk like a leopard. Two long strides followed by two shorter strides.

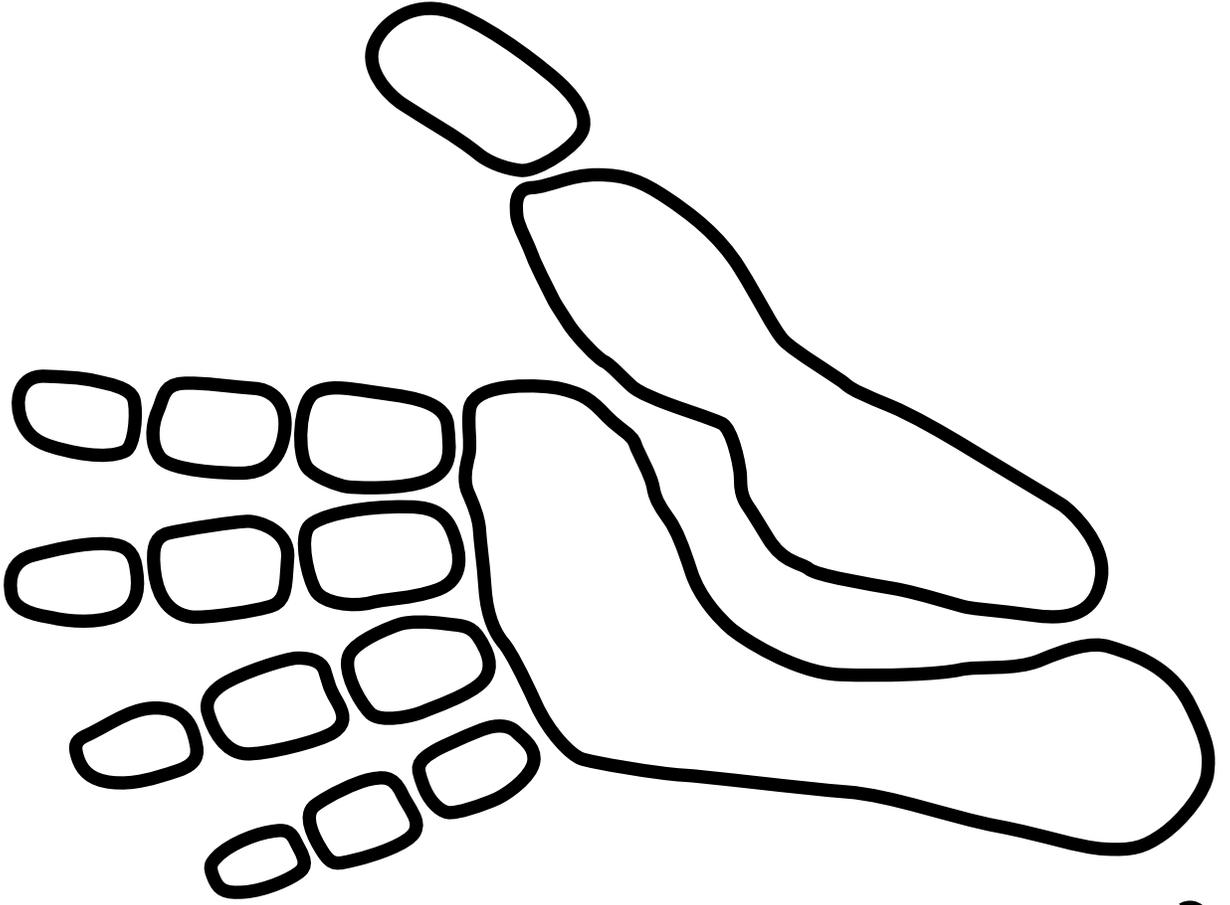
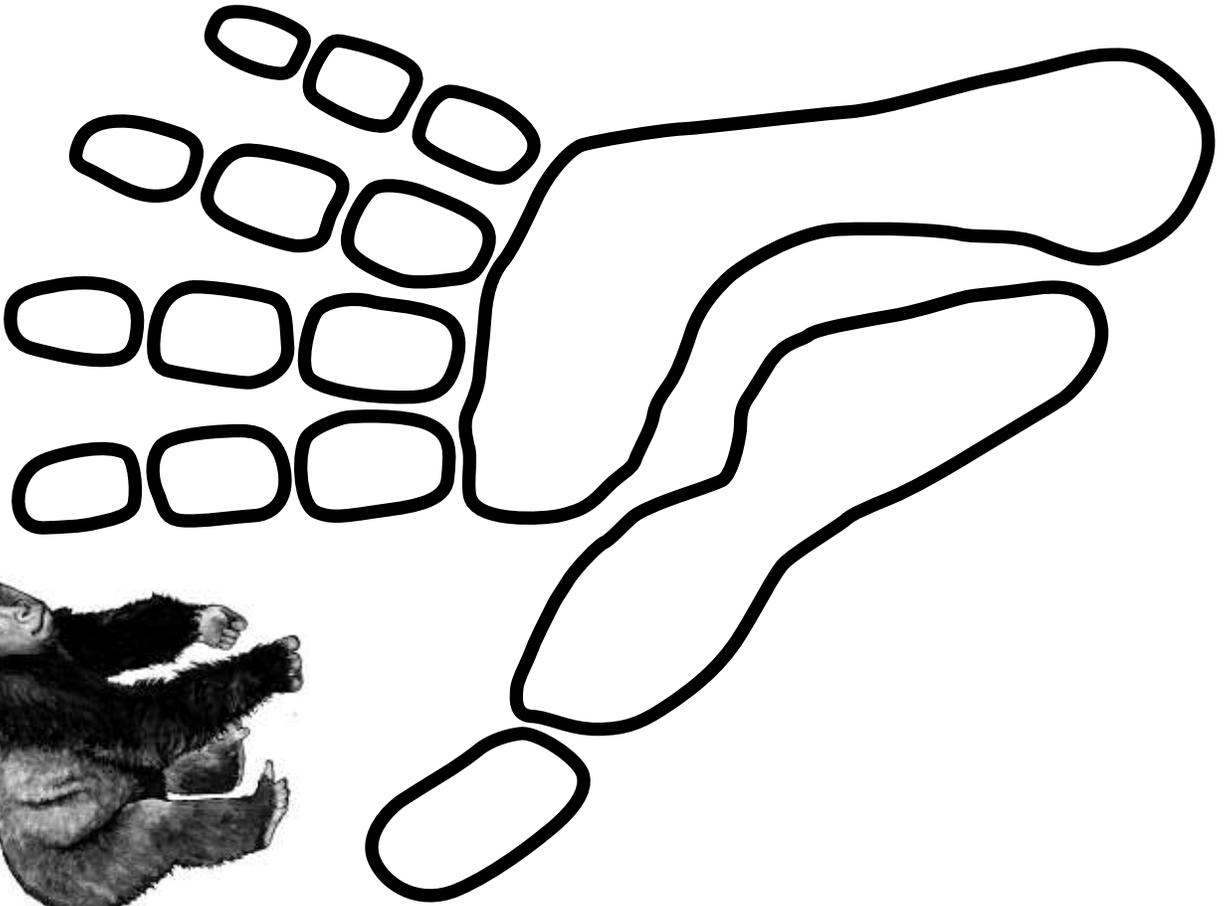
Track Pattern 2: Hunt by walking with regular paces in an undulating path.

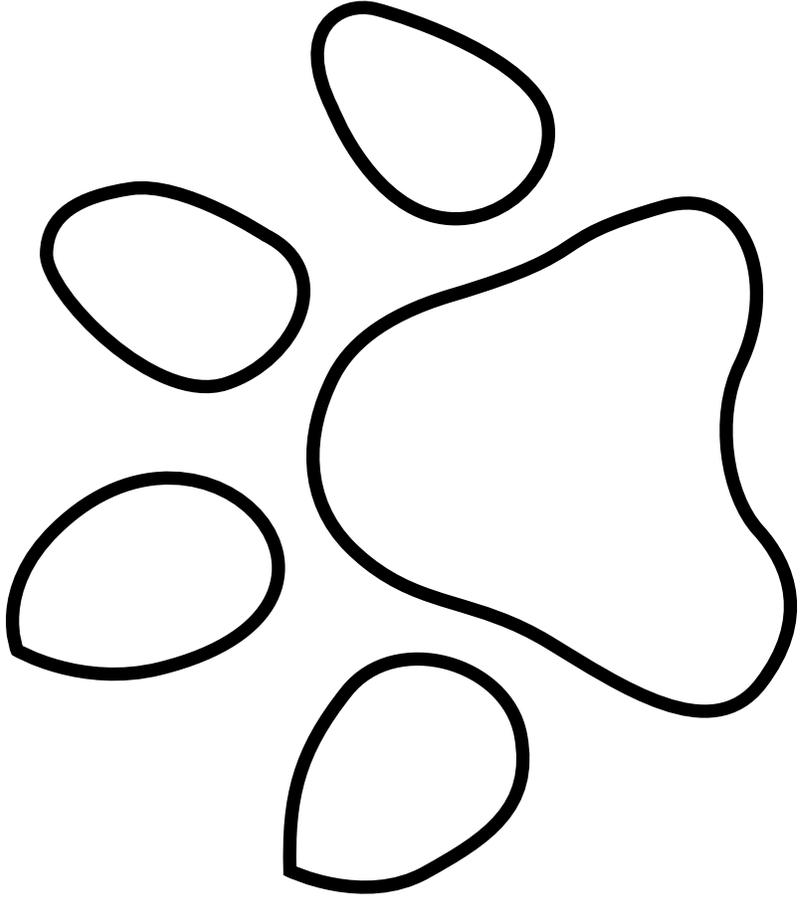
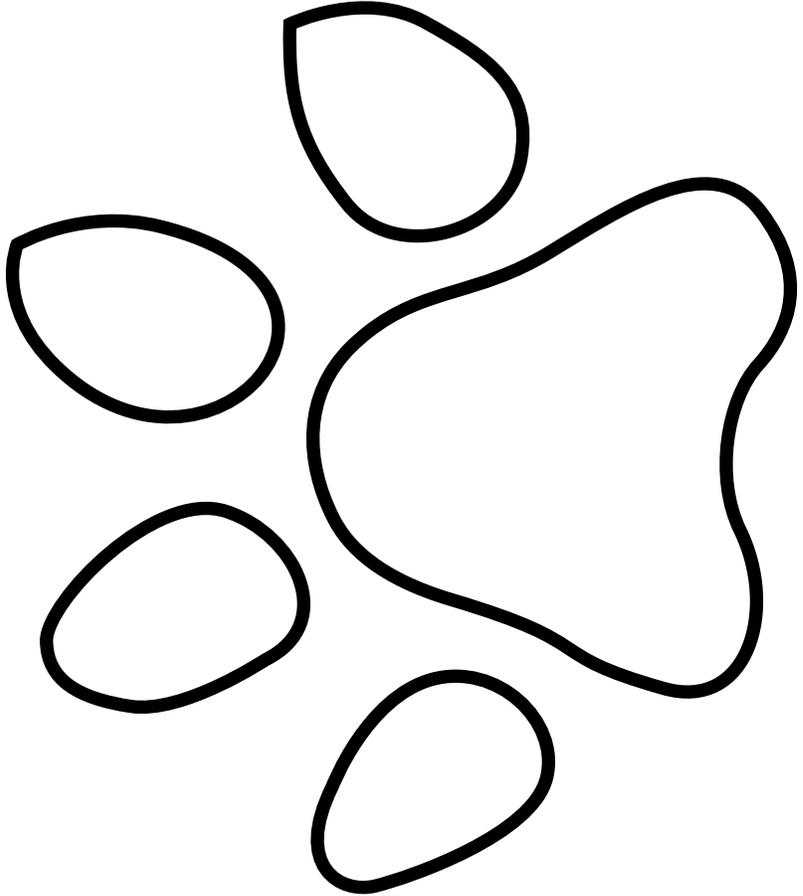
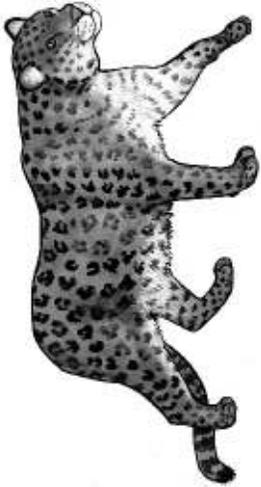
Track Pattern 3: Take several small steps, bring feet together and jump as far as you can.

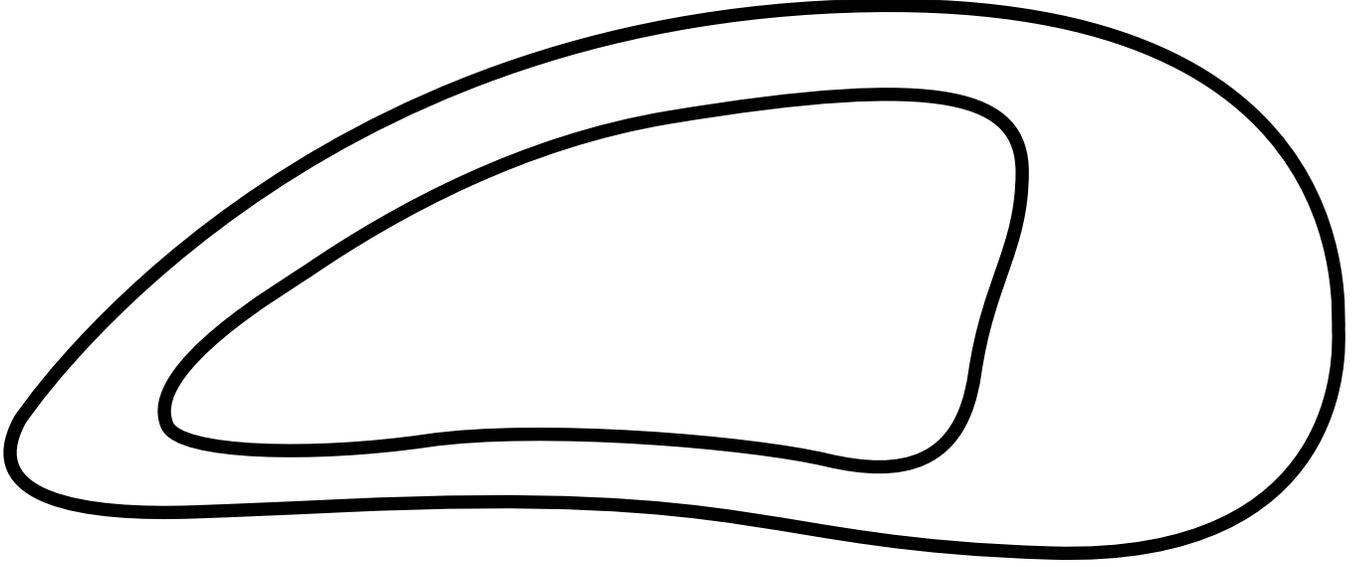
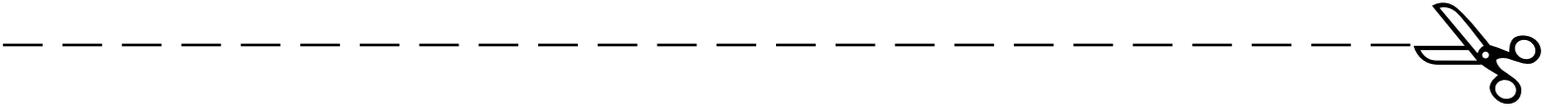
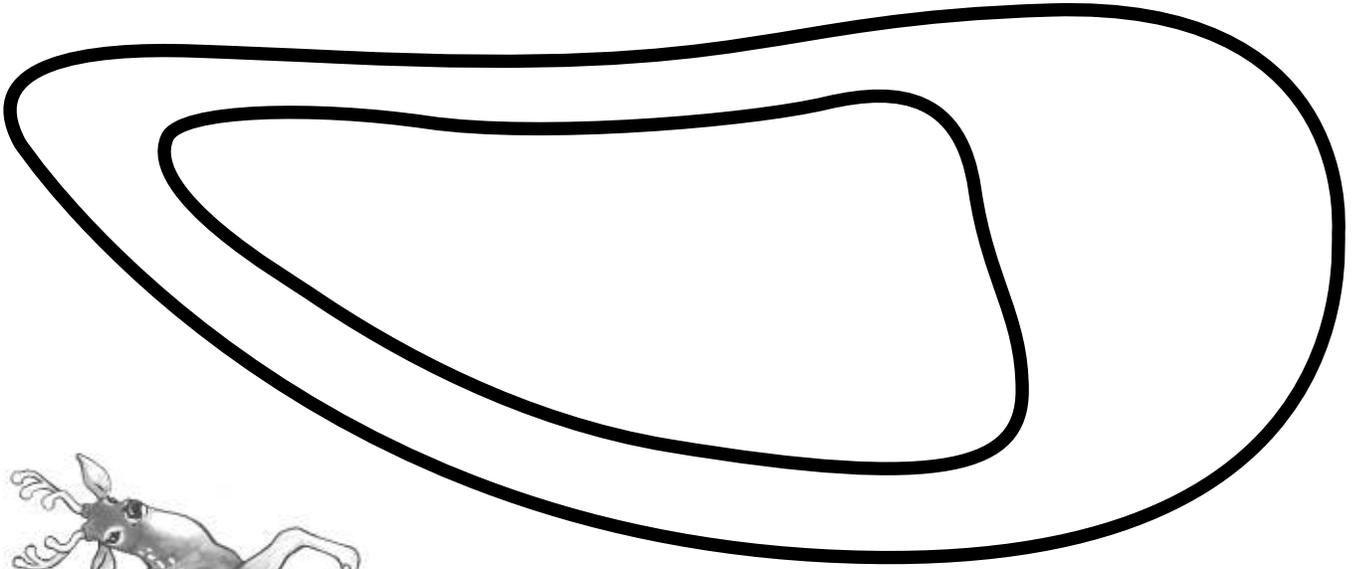






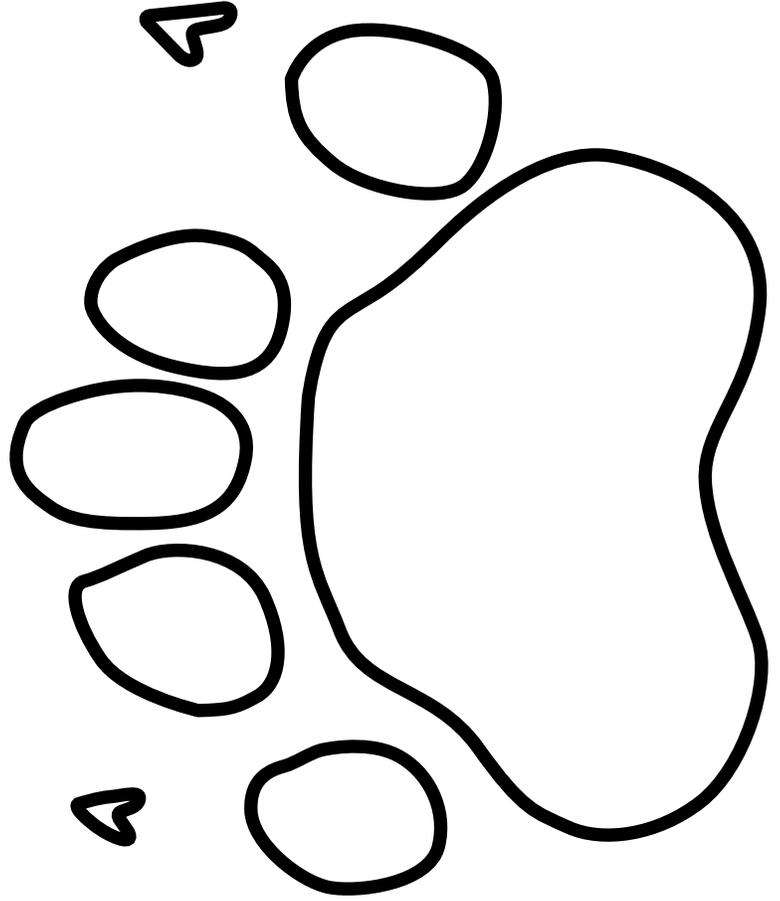








A A A



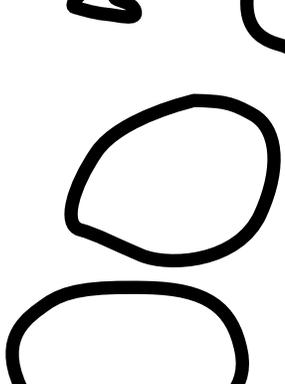
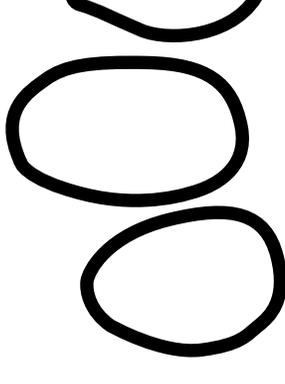
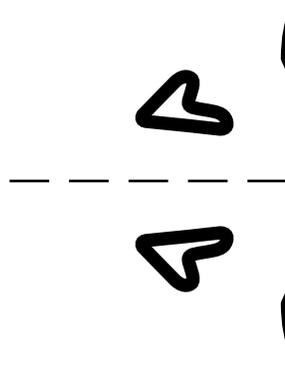
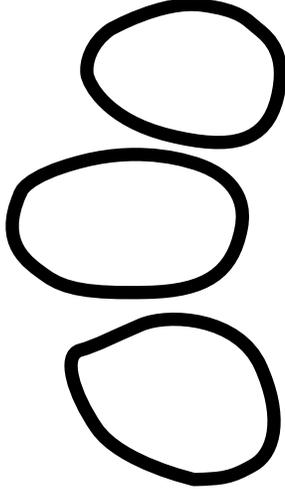
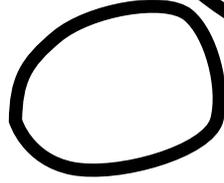
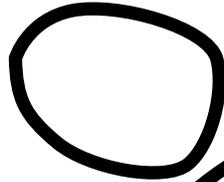
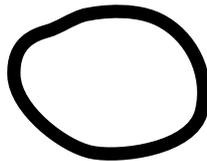
A

A

A

A

A



A A A



