**Name/Title:** Welcome to the Jungle

**Purpose of Event:** To increase cardiovascular endurance.

**Prerequisites:** Students should know how to gallop and jump rope.

**Suggested Grade Level:** K-2

**Materials Needed:** poly spots, cones, bean bags, hurdles, hula hoops, scooters, and music

**Description of Idea**

The gym will be divided into 6 stations. At each station, students will act out the movement of an animal. Make sure to give enough room for students at the same station to move simultaneously. Students should be at each station for a minute and then rotate.

- **Frog:** jump from lily pad to lily pad (poly spots)
- **Caterpillar:** put each foot on a bean bag and slide feet into hands like a caterpillar inching along
- **Flamingo:** balance on one foot, stretching the quads Note: This could be used as a "rest" station. Students may need a wall nearby to assist with balance.
- **Snake:** slither like a snake under hurdles (or jump ropes hung from cones)
- **Horse:** gallop and leap over the hurdles
- **Kangaroo:** jump with a hula hoop as if jumping rope
- **Fish:** lay on a scooter, abdomen down, and pretend to swim

**Assessment Ideas:**

At the end of the activity, have the students put their hands on their chest to feel their heart beat. You can also ask to see if there were any of the stations that the students didn't feel was a workout.

Submitted by Amanda Bessert in Cedarville, IL. Thanks for contributing to PE Central! **Posted on PEC:** 6/4/2012.

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