

Bear Greetings

Grades K–5

BENEFIT

Moderate aerobic exercise, muscular strength and endurance

LOCATION

Grass, blacktop, multipurpose room

EQUIPMENT

20 cones

Tip

Remind your students to move slowly and avoid contact with other students, except when shaking hands.

Two students bear-crawl toward each other and shake hands while maintaining the bear-crawl position—knees off the ground.

- 1 Establish boundaries for a small square playing area (roughly 50 feet by 50 feet; the painted lines of a basketball court also work well). Instruct your students to spread out and get into the bear-crawl position (see photos below).
- 2 The students bear-crawl through the area; approach other students; and shake hands while maintaining the bear position, with knees off the ground.

