

Animal movement

12 WEEK PROGRAMME

16 animal-inspired movements, repeated across 12 weeks. The movements stay the same. The child’s progress doesn’t.

week 1

- BEAR CRAWL & HOLD
- FLAMINGO HOLD
- FROG JUMP
- DUCK WALK

week 3

- ELEPHANT SIT-UPS
- SEAGULL
- KANGAROO HOPS
- INCHWORM

week 5

- BEAR CRAWL & HOLD
- FLAMINGO HOLD
- FROG JUMP
- DUCK WALK

week 7

- ELEPHANT SIT-UPS
- SEAGULL
- KANGAROO HOPS
- INCHWORM

week 9

- BEAR CRAWL & HOLD
- FLAMINGO HOLD
- FROG JUMP
- DUCK WALK

week 11

- ELEPHANT SIT-UPS
- SEAGULL
- KANGAROO HOPS
- INCHWORM

week 2

- CRAB WALK, HOLD & KICKS
- PENGUIN WALK
- BUNNY HOPS
- CATERPILLAR

week 4

- SPIDER WALKS
- DEAD BUG
- MONKEY JUMP
- GORILLA SHUFFLE

week 6

- CRAB WALK, HOLD & KICKS
- PENGUIN WALK
- BUNNY HOPS
- CATERPILLAR

week 8

- SPIDER WALKS
- DEAD BUG
- MONKEY JUMP
- GORILLA SHUFFLE

week 10

- CRAB WALK, HOLD & KICKS
- PENGUIN WALK
- BUNNY HOPS
- CATERPILLAR

week 12

- SPIDER WALKS
- DEAD BUG
- MONKEY JUMP
- GORILLA SHUFFLE

Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Starting smaller

Try our 4-week Animal movement programme that covers a single set of the sixteen animal movements.

KidPro Live online coaching for children aged 4-12

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