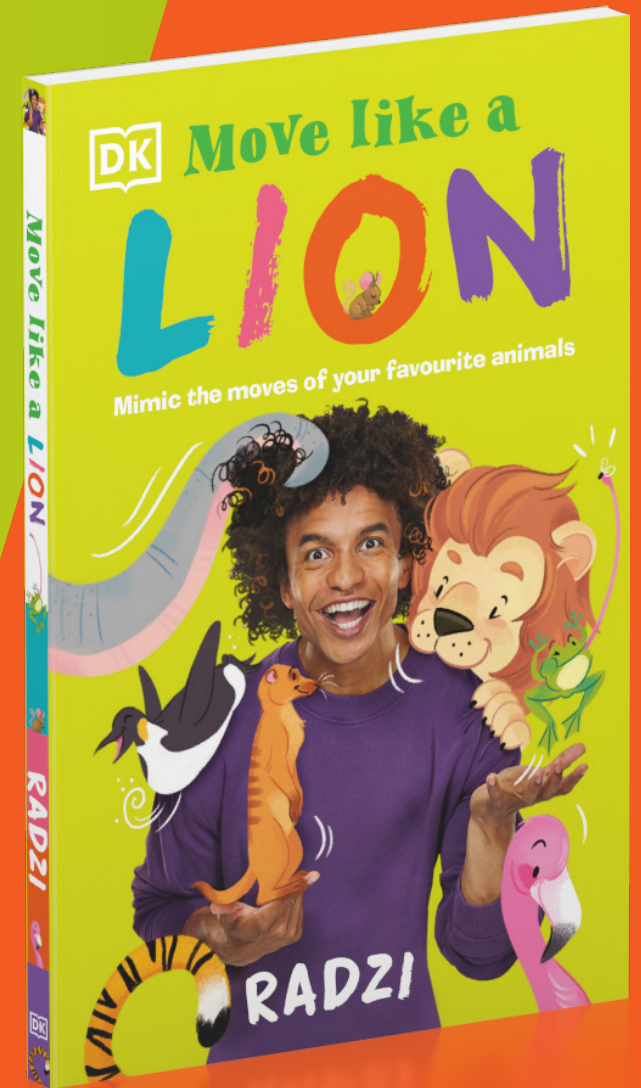




Move like a

LION

ACTIVITY PACK



Get up and moving like your favourite animals with **RADZI** CHINYANGANYA!



I've been presenting television for over 10 years including shows such as Blue Peter, Crufts, the Paralympics and Winter Olympics.

I am so excited about this book. It has given me the opportunity to share my love of movement, in a way which isn't about changing how you look, but about how you feel. The only thing you need is your body and imagination!

You can follow me on **Twitter, Instagram** and TikTok at **@iamradzi**.

BEFORE YOU EXERCISE

Have fun doing the exercises but please remember not to overdo it, particularly where you find some of the moves difficult – everyone is good at different things. Just do what you are comfortable with, and what feels right for you. Ask an adult to help you with some of the trickier moves.

DIFFICULTY

All the moves in the book and this pack have a star rating to let you know it's difficulty level. They are:



ANIMAL QUIZ

Inside *Move Like a Lion* you can discover exciting exercises that will get you moving like your favourite animals!

But are you an animal expert? Have a go at this quiz and see, circling which animal you think is the answer!

Question 1: Which animal has the strongest bite of any animal in the world?

Polar Bear Lemur Crocodile

Question 2: Which animal is best known for their terrifying tail that delivers a deadly venomous sting?

Scorpion Crab Butterfly

Question 3: After laying an egg, which bird has the female go look for food while the male balances the egg on his feet to keep it warm and safe?

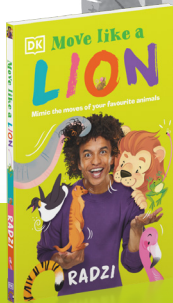
Flamingo Penguin Ostrich

Question 4: Which colourful reptile uses their tails like a fifth limb, that can help support their bodyweight?

Snake Chameleon Tortoise

Question 5: Which animal is the world's largest land animal, able to grow to be 4 m (13 ft) tall and weigh as much as three cars?

Elephant Panda Lion



COMPLETE THE SENTENCES

Radzi loves animals and facts - so let's combine the two!
Have a go at completing the sentences on the page for a fact about each animal by picking the right word from the box below.

Fact 1: Bats are the only _____ capable of true flight.

Fact 2: Octopuses have eight limbs, three hearts, _____ brains, blue blood, and no bones.

Fact 3: Tortoise shells are made from bone and keratin – the same substance as your _____!

Fact 4: Pandas have almost no natural _____, so spend almost all their time sitting around eating bamboo.

Fact 5: There are more than _____ different breeds of dog – that's a lot of furry friends!

Fact 6: Ostriches can't fly, but they can run very fast. In fact, they're the _____ two-legged animal in the world.

Fact 7: Some frogs can jump up to 20 times their own _____ in a single leap!

Fact 8: Spider legs have fine bristles that detect vibrations, sound, and even _____.

fastest predators 400
mammals body length
fingernails nine smells



HOP

like a kangaroo

kangaroos are the only large animal that hop to get around. Kangaroos can cover long distances by using their **powerful legs and tail**, but don't worry – you can do it without a tail!

kangaroo broad jump

STRENGTHENS YOUR LEGS.

Stand with your feet shoulder-width apart, then bend your knees and swing your arms back.

Challenge yourself
Try jumping again immediately after you land.

Land back in a deep squat then jump again.

With both feet, jump up and forward, swinging your arms to help gain momentum.

Did you know?

Over short distances, kangaroos can hop faster than a horse can run!

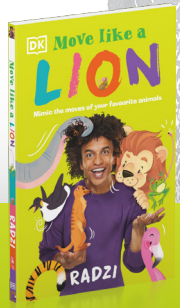
Wheee!



Have a go at hopping like a kangaroo!

Suitable for 5-9 years

Content from: *Move Like a Lion*
Available now



STAND

like a meerkat

Meerkats live underground and only come out of their burrows in the morning. They walk on all fours, but are famous for **standing up** on their hind legs so they can spot predators in the distance.



★
EASY

What's over there?

Did you know?

Meerkats take turns guarding their home. If one of them sees a predator they alert the rest of the group.



Meerkat squats

STRENGTHENS YOUR LEGS.



Start standing upright with your feet shoulder-width apart and your arms out in front of you.



While keeping your chest up, bend your knees until your hips are level with your knees.



Hold that position for a moment, then stand back up.

Challenge yourself
Try varying the width of your feet.



Have a go at standing like a meerkat!

Suitable for 5-9 years

Content from: *Move Like a Lion*
Available now





MOVE LIKE YOUR FAVOURITE ANIMAL!

Using the previous pages as inspiration, think about your favourite animals and how they move. Then in the space on the page, draw instructions on how to mimic their movements for your friends to follow! You can add instructions or simply draw the different steps!

If you are stuck for ideas, have a read about some other animals you can move like below.

SQUEEZE LIKE A JELLYFISH: Jellyfish are mostly made of water, and don't have eyes, brains, bones, or a heart. Think about how you could move like animals without arms or legs.

BALANCE LIKE A FLAMINGO: Flamingos are masters at balancing, and sleep on one leg for hours at a time. Think about whether you will need to move lots or simply hold a position to mimic your favourite animal.

PROWL LIKE A POLAR BEAR: Male polar bears are the largest land carnivores in the world. Think about how you will show your animal's size in your movements.

