

Name _____



How Does a Rabbit Move?

Rabbits are known for their unique and efficient way of moving—by hopping! They do not fly, swim, or climb like some other animals. Instead, rabbits use their strong hind legs to leap and run quickly, which helps them escape predators and move efficiently in their environment.

A rabbit's back legs are very powerful. These legs allow rabbits to hop high and far. In a single leap, some rabbits can jump as far as 10 feet! This ability helps them quickly cover ground when looking for food or running from danger. Hopping is not just about speed—it also makes it easier for rabbits to move across uneven terrain like meadows, forests, and hills.

Rabbits are also incredibly fast runners. They can reach speeds of up to 30 miles per hour in short bursts. When escaping predators, rabbits often use a special technique called zig-zagging. This means they quickly change directions while running to confuse predators and make it harder for them to follow. This clever move helps many rabbits stay safe in the wild.

Although rabbits are mostly ground-dwelling animals, some species can climb small slopes or burrow into the ground. Their sharp claws and strong legs make them excellent diggers, which they use to create burrows for shelter and safety. However, climbing trees or steep rocks is not something rabbits are built for.

Rabbits also have excellent balance, which helps them stay steady while hopping at high speeds or navigating tricky areas. They use their front paws to push off gently when they hop, but most of their power comes from their back legs. Their fluffy tails may look cute, but they also play a role in helping rabbits maintain balance as they move.

In summary, rabbits are built for speed and agility. Their powerful hind legs, ability to hop long distances, and zig-zag running technique make them highly efficient movers in their natural habitats. Whether they are exploring meadows or escaping a predator, rabbits are experts in movement.