

The background of the page is a dense colony of penguins on a rocky shore. In the center, there is a circular inset illustration showing a group of penguins on a white ice floe. One penguin is shown leaping from the ice into the dark blue water, with white splashes around it. The text is overlaid on this central illustration.

Walking and swimming

The penguin's body is **streamlined**, and is the perfect design for swimming. Penguins use their wings like flippers to swim through the water. Their **webbed** feet act like paddles when floating on the surface, and as rudders for steering when the penguins are underwater. Penguins have heavy bones to help them stay underwater.

Penguins leap into, and out of, the water.

In water and on land

Once young penguins have their adult feathers they can learn to swim. At first they return to land each night, but soon they spend most of their time in the water. During their first few years, they grow and put on fat before returning to land to breed.

Penguins **waddle** on land. They look clumsy, but their waddle saves energy and helps keep them warm.



Sometimes Penguins "toboggan" on their fronts over snow and ice, pushing with their feet and flippers.



Penguins walk by swinging one leg forward and then the next. They rock from side-to-side as they walk.