Kangaroos are famous for their ability to move at high speed using their powerful hind legs and long feet to cover three metres in a single bound.


A kangaroo uses energy very efficiently. As its feet leave the ground it pushes air out of its lungs. When it brings its feet forward to land again it refills its lungs.

This means that there is a very efficient connection between its breathing and the energy it uses.

As the kangaroo jumps, it brings its long legs forward together then pushes them back. Both legs move together. Then it brings its feet and tail forward, lands and springs up again. Its tail acts as a perfect balance. Where does the power come from? Their powerful spring comes from the energy stored in the tendons in their long legs.

A kangaroo can reach a top speed of 60 kph and cover several metres in one jump and can jump two metres high.

