Steps for the third animation.

1. Draw a semicircle on the right and on the left.
2. Let the two semicircles stay for 25% of the transition.
3. Move the semicircle on the right to the right and the one to the left to the left using 25% of the transition.
4. Let the semicircles stay them for 25% of the transition.
5. Move the semicircles to their original position using 25% of the transition.

Steps for the fourth animation.

1. Draw a circle.
2. Scale the circle at a rate of 1.2 of the original size using 2% of the transition.
3. Let the circle go back to its original size using 2% of the transition.
4. Let the circle stay for 46% of the transition.
5. Repeat steps 2 and 3.
6. Let the circle stay for 2% of the transition.
7. Repeat steps 2 and 3.
8. Let the circle stay for 40% of the transition.