

# Follow the Leader

<b>Age:</b>	3 - 8 Year olds
<b>Participants:</b>	1 - 20
<b>Time:</b>	5 Minutes
<b>Equipment:</b>	Cones (optional)

## Skill(s):



Running



Hopping



Jumping



Skipping



Balancing

## Set Up:

- Mark out a large area using cones (optional)
- Children begin by lining up behind the coach



## Description:

Children copy the coach as they move around the space:

- Running
- Jumping
- Walking backwards
- High knees
- Heel flicks
- Hopping
- Skipping
- Walking on tip-toes
- Animal movements (crawl like a bear, jump like a frog)
- Transport movements (fly like an aeroplane)

## Variations:

- Rotate leaders and let a child be the leader
- Incorporate playground equipment as you move around – climb up a ladder, slide down a slide
- Use other parts of the available environment e.g. jump into a sandpit, run around a tree

## Teaching Points:

- Ensure children have eyes up and head still to avoid bumping into other players
- Arms bent at elbows and move in opposition when running

