

Follow the Leader

In this classic game, the leader walks, marches, hops, gallops and skips around, and the others follow and mimic the movements. Mix things up with creative moves, like walking on tiptoes, leaping like a frog, shuffling like a penguin, stomping like a monster. Ask kids to come up with ideas as well!

Instructions:

Before you begin, give a quick demonstration of the following moves. You may think they're intuitive, but terms can be interpreted in different ways by different children, and some may find it difficult to follow your cues. Take extra time to demonstrate galloping and skipping, as most children don't master this until age 4 or 5. If the children in your group are younger, keep it simple.

Walking: Swing arms and lift knees high.

Jumping: Bend knees and then push off with both feet and land on both feet. How high can you jump?

Hopping: Hop on one foot, then the other, pushing with your toes. Is one foot harder than the other?

Leaping: Lead with one foot and land on the other.

Galloping: Lead with one foot while the other foot follows behind.

Side sliding: Spread arms wide, lead one leg far sideways and slide the other to follow.

Skipping: March with knees high, demonstrating the basic step— --and— --hop motion.

Be the leader for the first round or two of this game to show the children how it's done. Once they get the hang of it, let them take turns at the lead.

SMART FROM THE START
HEALTHY DECISIONS. HEALTHY HABITS.

Enrichment Zone!
Fitness, friends & fun ●