

Participants follow the leader and perform designated movements.

## Setup

- Setup a running loop with cones.
- Have the class form a straight line and appoint the first participant in line as the leader.

Note: This activity can also be led by the program leader, and multiple lines can be used. Adjust the movements based on stage of development and ability of participants.



## Instructions

- The leader begins to move around the loop, using any desired movements.
- The other participants follow behind and imitate the leader's movements.
- After a few minutes the next participant in line becomes the leader.
- The former leader runs to the back of the line.
- Each new leader should begin with new movements.