

Participants try different movements and try to mirror each other.



Instructions

- Place participants into small groups of 3-5.
- Designate one participant to be the leader.
- Choose a locomotor movement to perform and have participants imitate this movement for thirty seconds.
- After time is up, a new leader is chosen and the activity is repeated.
- Encourage different pathways, speeds, and levels.

Note: When creating a lesson plan, list the movements you might want to provide as suggestions for participants. It is important to encourage creativity in this exercise, allowing participants to discover a variety of movements to perform.