

# Follow The Leader



## **FMS Skills**

Locomotor- running, walking, jumping, hopping, skipping, side stepping, galloping etc

Stability- turn, dodge, pivot

Manipulative- throw and catch (if introducing harder progression)

## **Equipment**

Boundary markers

## **Area**

Hall, grass, hard surface- define an area

## **Formation**

Children in pairs, one behind the other

## **Instructions**

- Children follow the leader's speed, direction, arm movements, locomotor movement.
- Activities: Walking – forwards, backwards, sideways – along a line, in circles, in curves, in a zigzag – low, tall – on toes, on heels – fast, slow, variations in speed – big steps, small steps – with feet close together, with feet wide apart – knees lifted high in front – legs kicked out straight in front (wooden soldier) – on the spot.
- Add arm movements – pushing arms above head – pushing arms out to sides at chest height – pushing arms forward at chest height – circling arms forwards across body and backwards – single arm punches upwards, forwards and sideways – arms extended overhead and out to side.

## **Variations**

- Change the type of locomotor movement they have to move around using, e.g. jumping, skipping, hopping etc.
- Add in the call of 'change' and both players jump in the air and turn 180 degrees so that the players reverse roles.
- Every new leader must use a different locomotor skill.

## **To make it easier**

- Increase the size of the area

### **For even younger children (particularly under-fives)**

- Have an adult as the leader and have all of the children following the adult's movements.
- Get children to move around in space rather than in a line and continue to watch and listen to the adult for the change in movement.

### **To make it harder**

- Use a different skill such as a dodge or pivot to change direction.
- On the call 'swap', find a new partner.
- On a whistle, the leader throws a scarf (or other object) into the air for back person to catch.
- Work in groups of four, and change inside and outside people.
- Reduce size of the space.

