

Follow the Leader Parade – Levels F-3

STAY ACTIVE

To encourage physical activity, imagination, and turn-taking while developing confidence in both leading and following.



Learning Intentions

Practise Following and Leading:

Students explore how to copy and guide others.

Explore Creative Movement:

Students use imagination to move in different ways.

Build Confidence in Leading:

Students practise taking on leadership roles in a fun setting.



Success Criteria

Students copy the leader's movement successfully.

Students take turns as leaders during the game.

Students show creativity and confidence in their movements.



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Duration: 5 minutes

Objective

To encourage physical activity, imagination, and turn-taking while developing confidence in both leading and following.

What You Need

- Open space for movement.
- Optional: hats, scarves, or simple props for leaders.

Gameplay

1. **Form a Group:** Students stand in a line or group behind the leader.
2. **Leader Moves:** The leader moves around the space (e.g., hop, tiptoe, flap arms, march, crawl).
3. **Everyone Copies:** All students follow and copy the leader's movement.
4. **Swap Leaders:** Rotate leaders regularly so that everyone has a chance to lead.

Debrief

- "Which movement was the most fun to copy?"
- "How did it feel to be the leader?"
- "What movement could you try next time?"

Notes for Inclusion

- Encourage every student to take a turn leading, even if their movement is simple.
- Celebrate unique movements and creativity.
- Support students who may feel shy by starting them with easy movements.

Variations

- **Children's Edition:** Add costumes, hats, or fun props for the leader.
- **Fitness Edition:** Leaders choose higher-energy exercises (e.g., star jumps, jogging on the spot).
- **Teamwork Edition:** Two leaders guide two groups simultaneously, encouraging coordination and teamwork.

Additional Notes

This game is ideal for building imagination, leadership, and confidence. It provides a safe and supportive way for students to practise both following and leading while having fun together.

