

Follow the Leader Parade - Levels C & D

STAY ACTIVE

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



Learning Intentions

Practise Following and Leading:

Students build confidence by both copying and taking the lead.

Explore Creative Movement:

Students use their imagination to move in different ways.

Build Confidence in Leading:

Students experience what it feels like to guide others.



Success Criteria

Students successfully copy the leader's movements.

Students take turns as leaders.

Students demonstrate imagination and confidence in their movement.



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Duration: 5 minutes

Objective

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

What You Need

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

Gameplay

1. **Line Up:** Students form a line or group behind the leader.
2. **Start the Parade:** The leader moves around the space using creative movements (e.g., hopping, tiptoeing, flapping arms).
3. **Copy the Leader:** All students follow and copy the leader's actions.
4. **Swap Leaders:** Rotate leaders regularly so everyone has a chance to lead.

Debrief

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

For Wheelchair Users / Accessibility

- Leaders and followers can use movements suited to their mobility (e.g., arm movements, spinning, waving).
- Ensure space is safe and accessible for all students.

Notes for Inclusion

- Every student should be given at least one chance to lead.
- Encourage creativity and celebrate unique movements.
- Support students who may be shy by allowing them to choose simple movements when leading.



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Variations

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

Additional Notes

This game is excellent for imagination, confidence, and leadership development. It encourages movement in a fun, inclusive way while helping students practise both following and leading.

