

**Name/Title:** Follow My Lead

**Suggested Grade Level:** K-2

**Materials Needed:** Cones to use as a perimeter. How many cones depends on how large you want the perimeter or if you want more than one perimeter.

### Description of Idea

Students start in a single file line. They will need to be at least an arm's length away from the person in front of them. You can tell them to put their arms out to measure the "personal space."

The students will start out walking. Then the first person in line will call out a locomotor movement (skipping, sliding, galloping, hopping, jumping, walking--no running). The students will do that locomotor movement for 10 seconds. After 10 seconds, the student in the front of the line will run, in the same direction, to the back of the line. Now it is the next person's turn to call out a command. This goes on until either everyone has had a chance to be the leader, or until it is time to move on to the next activity. If you have a large class or want the activity to move quickly, create two perimeters with cones and have two lines going at once. If you have any students that get too tired during the game, inform them that they can rest inside of the perimeter (inside the cones).

We suggest that you have several groups (lines) going at the same time if you have the space.

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Submitted by **Janessa Butler** in Suisun, CA. Thanks for contributing to PE Central! **Posted on PEC: 7/8/2016.**

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