

## FOLLOW THE LEADER

### LEARNING TARGETS

- ✓ I will take turns with my friends.
- ✓ I will follow the movement directions that leaders give to the class.
- ✓ I will move at a safe speed.

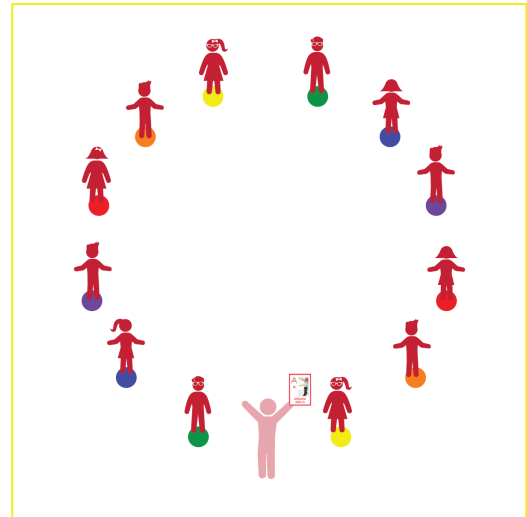
### ACTIVITY SET-UP & PROCEDURE

#### Things You Need:

- ✓ ABC's of Movement Cards: Q, R, S, Z
- ✓ 1 spot marker per student

#### Set-Up:

1. Use spot markers to create a large circle in the activity area.
2. Provide enough space between spots for movement on and around each spot.
3. Students stand in a circle, each student on a spot.



#### Activity Procedures:

1. The object of this activity is for students to practice locomotor movements while following directions and taking turns.
2. First, the teacher demonstrates the movements on each card. Students can either watch or follow the movements as they are demonstrated.
3. Next, spread the cards in the middle of the area. Taking turns, students are called to pick up a card and hand it to the teacher. After the movement is identified, the student leads the group as they all perform the movement at the same time.
4. Repeat this activity until each child has been the leader.

#### Universal Design Modifications:

- Look through all of the ABC's of Movement Cards and choose the cards that meet the needs and abilities of your students.
- Assist students in the role of class leader with verbal support or through the use of physical demonstrations.

### DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor:** Child moves body in relation to objects to effectively perform tasks.
- ✓ **Gross Motor:** Child adjusts speed and direction depending on the situation.
- ✓ **Relationships with Other Children:** Child takes turns in interactions with other children.