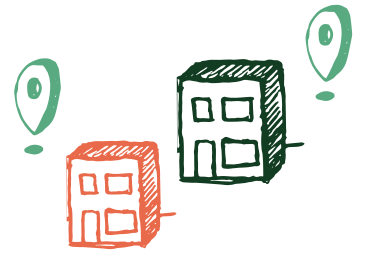




FOLLOW THE LEADER

How much can you remember?



HOW TO PLAY GO!



- > Someone creates their own short movement e.g. 5 star jumps or 10 punches to the air
- > The other person copies the movement
- > After that person has copied the movement, they will add another movement
- > Then the next person has to copy two types of movements
- > This keeps being passed onto another person
- > Only when someone forgets the movements do you stop

SUITABLE FOR: Ages 6-14

TAKES: 20-30 minutes



YOU WILL NEED:

- > Just you and other players



SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



REMEMBER Everyone can be involved in this game, including friends and families online!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

If the movements are too easy for everyone try making harder movements or shapes with your body!

