

## ACTIVITY #2: FOLLOW THE LEADER

**DURATION:** 3-4 minutes

**FORMAT:** Relay/Partner

**SPORT:** Could be used as a warm-up for gymnastics

### OBJECTIVES:

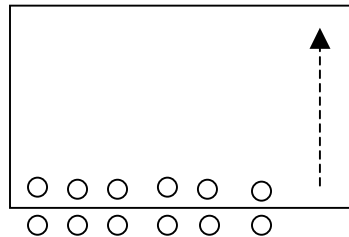
- 1) To increase the core temperature of the muscles and get the synovial fluids of the joints flowing, to reduce injury.
- 2) To put your body in some of the compromising positions characteristic of gymnastics, with little fear of injury

**TEACHING STYLE:** Command and guided discovery

### INSTRUCTIONS:

- 1) Partners will choose between 5 movement choices (crab walk, bear walk, leap frog, chicken walk, bunny hop) which will be demonstrated.
- 2) Partners will each take turns leading one another. The leader will chose their own movement, but teachers will whistle to signal change in movement choice.
- 3) This will take place traveling from one end of the gym to the other.

*\*SAFETY NOTES:* When performing the crab walk, ensure the fingers are pointing towards the feet.



### PROGRESSION STAGES:

- 1) "Walking" to get the movement down
- 2) "Walking" at a quicker pace while still maintaining the form
- 3) Limit the activities in such a way that more difficult animal walks will be used (ie make crab walk one of the components when crossing the gym)
- 4) Challenges to get across the gym in under a certain amount of time (focus on form as opposed to speed)

### TEACHING CUES/QUESTIONS:

- 1) Racing should not be emphasized
- 2) What is a good method for moving quickly while still maintaining good form?

**LEARNING DOMAINS:**

Social/Affective—cooperating (partner), adapting to a partner, enthusiasm

Cognitive—matching, copying, comparing, contrasting, decision making

Psychomotor—crab walk, bear walk, leap frog, chicken walk, bunny hop