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