



FOLLOW THE ACTIVITY LEADER

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will use gross motor skills to be physically active.
- › Children will state that being physically active helps keep their bodies healthy.

MATERIALS:

- › Paper
- › Markers

PROCEDURE:

1. Set-up: Write one capital letter on each piece of paper. Be sure the letters are large enough for children to see from a distance. Place letters in different locations around the playground.
2. Discuss the fact that moving our bodies helps keep them strong and healthy. Explain that running, skipping, jumping, playing ball, and other physical activities make our hearts beat faster and our lungs breathe deeper.
3. Point out the letters on the playground. Explain that the children are going to take turns being the leader. The leader's job is to choose a letter and a physical activity. When the leader says "go," everyone will do the suggested activity as they move to the chosen letter. Movements can include running, jumping, skipping, hopping, crawling, walking backward, wiggling, shaking arms, etc. Suggested phrases:
 - a. *I'm going to be the leader. I choose "G," and I want us to jump like frogs as we go to the letter "G."*
 - b. *Can you pick a different movement than the person before you? How else could we move our bodies?*
 - c. *Our hearts are beating faster. Can you feel yours?*



ADAPTATIONS/EXTENSIONS:

Math: Replace the letter cards with numbers, colors, or food groups and repeat the activity.