

One Behind



EQUIPMENT Upbeat music

SET-UP Participants stand a safe distance apart from each other in the activity area.

ACTIVITY

- Choose a leader who will perform an activity to the music (e.g., alternating knee lifts) while the remaining participants watch.
- When the leader switches to a new activity (e.g., jumping jacks), the group joins in by doing the *previous* activity (e.g., alternating knee lifts). The group continues to follow the leader, always performing the activity that is “one behind” the leader.
- After 1-2 minutes, choose a new leader to give as many participants as possible the opportunity to lead.
- Encourage participants to choose aerobic exercises that gradually increase the heart rate.