

# Follow the Leader!

## *Activity*

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 1 2 3**Division(s):** Primary**Setting:** DPA**Season:** Winter

## Activity Goal

Participants engage in moderate to vigorous physical activity in a winter environment to enhance their fitness and overall health and wellness. Participants reflect on ways to be active in winter and engage others in activity to build a habit of engaging in outdoor activity throughout the year.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Winter Safety Considerations, and Outdoor Playing Areas and Surfaces.

## Equipment

A signaling object (e.g., music, hand clap, call and response)

## Before Play

- Review the safety rules and activity instructions with participants prior to activity.

- Explain to participants that they will follow the leader in a “snake” formation using different ways of moving while trying to follow the prints in the snow of the person in front of them.
- Share the predetermined signal with participants and the instructions to follow when it is used (freeze and complete an exercise for a prescribed amount of time).

## During Play

- Invite participants to explore a variety of locomotion skills in the snow, using different pathways, levels, and directions (e.g., two-foot-hops, skipping, crawling, making zig-zag patterns).
- Pause the activity and use the following prompts for participants to reflect on ways to move in the snow.

Question prompts:

- Which ways of moving do you find difficult in the snow? Which ways are easy?
- What can we do to help keep our balance as we move?
- Are there natural elements or structures made by people in our playing area that we might avoid, move around, on, off, or under safely during winter?
- Invite a participant to choose a locomotion skill and lead other participants through the snow using that skill. Encourage the leader to explore different pathways, levels, and directions as they lead others through the playing area.
- Use the predetermined signal for participants to freeze. Once frozen, participants complete an exercise of their choosing (e.g., make a snow angel, lunge 10 steps, hop side to side to mimic a downhill skier, etc.)
- Once participants have finished their task, invite a new leader to pick a locomotion skill and lead the group.

## After Play

Use the following prompts for participants to reflect on ways to be active in winter and engage others in activity to build a habit of engaging in outdoor activity throughout the year.

Question prompts:

- Were certain exercises more challenging than others to do outside?
- How might your winter clothing make any movements or exercises more challenging?
- How can you incorporate physical activity outdoors into your daily routine before and after school?
- How does participating in daily physical activity outside in winter make you feel?
- How can you use this activity with friends or family to encourage them to stay active outdoors in winter?

## Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Refer to Ophea's [50 Fitness Activity GIFs](#) for movement ideas.
- Have participants generate ideas of fun exercises to do in the snow.
- Divide the participants into three teams, having team members take turns choosing a locomotion skill and leading their team.
- Have teams compete to complete the exercise the fastest.

## Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants who have challenges understanding multi-step tasks, have participants work in pairs to find creative ways to perform the movements together.
- For participants with reduced mobility, offer them an implement (e.g., a stick, a pool noodle) to complete an exercise, have additional support from a partner or their team or perform that exercise seated.