

Follow The Leader Activity

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Older fitness buddies work in pairs or small groups to create a 5–10 minute routine of on-the-spot physical activities that they lead for their younger buddy.

Why Do It?

Older students develop their communication skills by leading their buddies in an engaging and fun fitness routine.

How Do We Do It?

Older students work in pairs to create a 5–10 minute (as appropriate) fitness routine.

Pairs practice their routine for other older students.

Then pairs of older students work in small groups together with their younger buddies, and the older students lead the younger ones through their routine.

What Else Do We Need?

Music and audio equipment

How Do We Get Creative?

Older fitness buddies can record their routines and share them for the whole school and community on social media.

Fitness buddies lead their fitness routine for a local senior home or retirement facility.

Keep in mind that many students get too little physical activity each day, so make sure to start of slowly and build from there.