

# 1. Move with Me

## Description

Arrange pupils on their own spot marker in a large circle. Place an additional spot marker in the centre of the circle. The first pupil moves to the centre of the circle and performs a movement of their choice. All pupils join in the movement.



The pupil in the centre returns to their spot marker on the outside of the circle and chooses the next pupil to take their place in the centre. All pupils will get a chance to lead.

## Equipment

- Spot Markers

## Variations

- Challenge the pupils to remember the movements of 3 pupils in a row, and to recreate their movements as a continuous sequence.
- Invite the pupil in the centre to create a sequence of 3 movements, e.g. squat, lunge, jumping jack and invite all pupils to copy and repeat this sequence several times.