

10. Move with Me

Description

Invite pupils to stand on a spot marker in a large circle. Invite a pupil to move to the centre of the circle to perform any movement or action of their choice. All pupils join in the movements for 8 repetitions. Then the pupil in the middle moves back to their spot in the circle and another pupil takes their space in the centre.

This activity continues until all pupils have been leaders. Once everyone has had a turn leading the pupils try to add the actions together to create a sequence of movements.

Equipment

- Spot Markers

Variations

- Perform the actions to music.
- Create multiple playing circles.

