

RETURN TO COURT ACTIVITY CARD PHASE 2/3

AIM OF THE ACTIVITY

FOLLOW THE LEADER

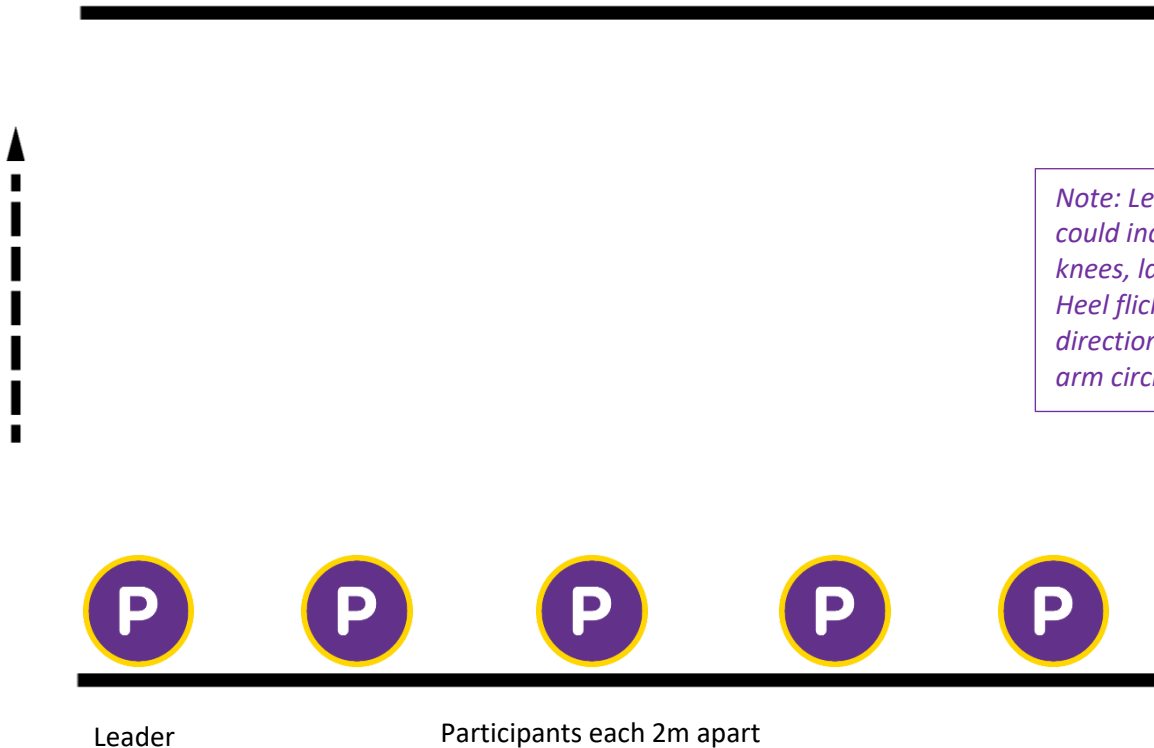
To get the body moving; Great for a warm up

EQUIPMENT

Markers/ spots to mark out the area

A possible ball per participant for progression

DIAGRAM



Note: Leader actions could include high knees, large steps, Heel flicks, changing direction, side steps arm circles

DESCRIPTION

Work as one group, standing in a line, 2m between each participant

Participant on the far left is the leader

Leader performs actions whilst moving forward towards the opposite line. The group copies the action.

When the group reach the line, the 'leader' steps forward 2m and loops around in front of the group and joins at the other end.

The group move along and the next person becomes the leader

WHAT'S NEXT?

You could introduce a ball per participant.

Each leader performs an action using a ball such as:

- Individual throwing and catching
- Pass the ball around your body
- Tippy Tappies above the head
- Throw, clap and catch

Let's get creative!