

Copycat Run

Grades 2–5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass, blacktop

EQUIPMENT

Cones
(as needed)

Tip

Remind the leaders to jog slowly so everyone can keep up.

Variation

The leader can make any upper-body motions, such as swinging his arms or clapping his hands. The other students should copy these motions.

- 1 Establish boundaries for a large playing area, perhaps the entire grass field and/or blacktop. Use permanent playground features (such as trees and backstops), and cones if needed, to mark the boundaries. Put your students into groups of four or five. In each group, the students form a line, standing front to back.
- 2 The first student in the line is the leader. He begins jogging slowly. The leader can jog in any direction within the boundaries. The other students must follow in a line.
- 3 After about 30 seconds, call out “Switch.” The last student in the line runs around to the front and becomes the new leader.



The leader can jog anywhere within specified boundaries; the copycat students must follow the leader's path.