



## how to set up:

- The children will perform the activity on the spot.
- An adult or older sibling will call out an action for the children to perform.
- Ensure there is enough space to complete actions safely.

## how to play:

- One person is the leader, another person is the 'copycat'.
- The leader performs actions, frozen positions, and movements that the copycat must copy.
- The leader must think of different actions that will help prepare the body for exercise.
- Examples include jogging on the spot, high knees, arm stretches.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.