



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.