



#FontanaTogether

Follow the Exercise

Equipment:

- Music
- Energy

Skill Emphasized:

- Aerobic
- Cardio
- Communication

Organization:

1. Map out a safe and open area to form a follow the leader line around the house
2. Play some music to create a fun background

Instructions:

- 1) Form a “follow the leader line” and start off by walking around the house.
- 2) The person at the front will start by doing an exercise activity like jumping, squatting, skipping, feet stomping, etc.
- 3) Everyone behind the leader will have to follow what the leader does.
- 4) After every **five exercises** the leader will switch to the next person in line and the old leader will rotate to the back of the line.

Variations:

- Use up to 5 to 10 participants, this is a great warm-up exercise

