

**DPA Warm Up Idea 2: Lead Me**

**Ages appropriate for:** Grade 2-8

**Equipment needed:** None



**The Nitty Gritty:**

1. Have students line up in groups of 3 – 6
2. Students travel throughout the activity area, copying movements of a student leader (e.g., walking, shoulder rolls, knee lifts)
3. Every 30 - 45 seconds, change the leader to the next in line
4. Students increase the pace slightly with each change of leader

**How to tie it into the curriculum:**

General: Teamwork

**Source:** Peel Region