

High Five Friday

Be Active Activity

Follow My Call

How to play:

Start by walking around the edge of the playground. All the players are invited to follow, keeping a distance between themselves and the player in front of them, giving everyone plenty of space. On commands from the leader the rest of the group must perform certain actions. Some of the commands and actions could include:

Clap – Clap hands to side

Turn – Turn quickly and walk in the opposite direction

Jump – Jump from two feet

Touch – Touch ground with both hands bending at the knee

Skip – Skip forwards

In skip – Face inward and skip

Out skip – Face outward and skip

Jog – Jog slowly