

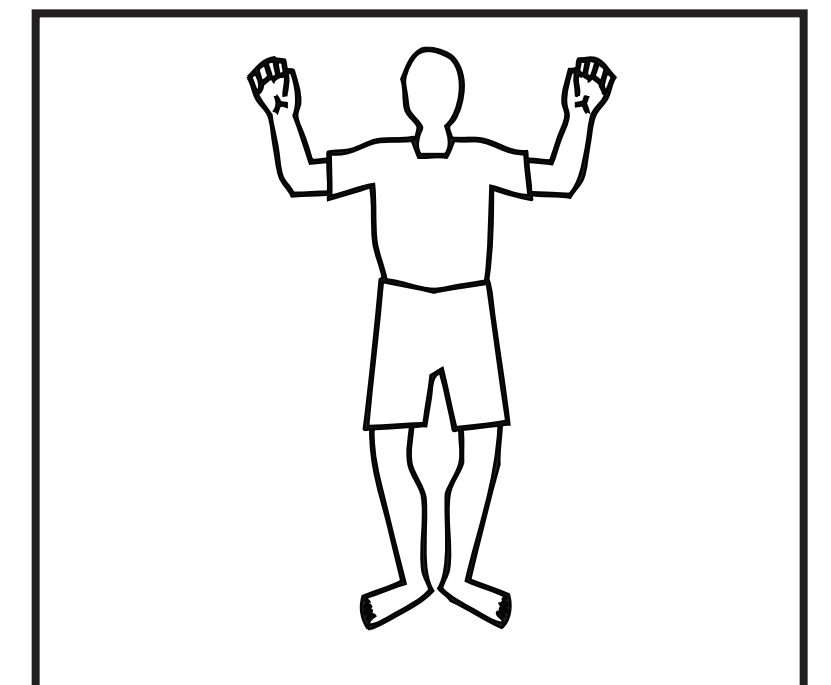
# FOLLOW THE LEADER TO THE FUNDAMENTALS OF BODY COMPOSITION & MOVEMENT!

## -THE FOLLOW THE LEADER STATION-

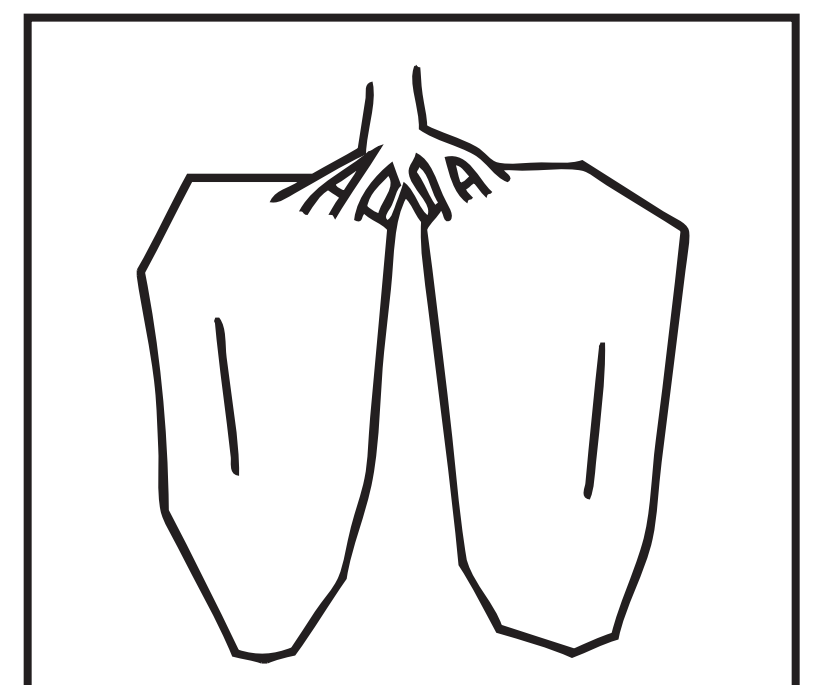
This station is a full body workout. Players follow the leader and do various exercises to get their heart rate up and improve overall health. The group dynamic is needed here.

A sunny, beach background sets the stage for this station will be used for larger group activity. One student leads the rest through a variety of fitness activities like running, walking, squats and overhead reaches. This station offers a full body workout for all muscle groups.

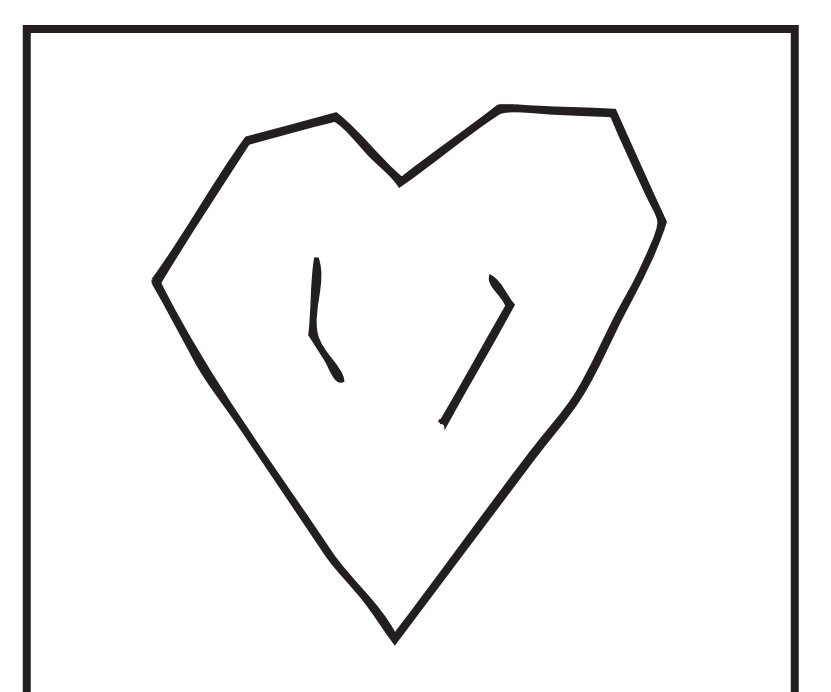
### Muscles, Systems & Skills



Total Body



Respiratory



Cardio

The Follow The Leader Station is in alignment with the following  
Physical Education and Health Learning Standards:

- Demonstrate care, consideration, and respect of self and others during physical activity
- Develop physical fitness skills through regular practice, effort, and perseverance
- Demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills and understand fundamental principles of movement
- Understand the relationship between physical activity and individual well being

### Related Sports & Activities

Running  
Squats  
Aerobics  
Lunges

# iGame4<sup>SM</sup>

WHAT DO YOU GAME 4?