**Shadows**

Children to be placed in pairs

One child copies the other child’s movements

At first let children move in any way they choose

Swap places

Now instruct the lead child to move in a certain way (skills of the week, animals, etc.), they should move around the area using the specified movement

The other child should continue to shadow them

Swap places

This could lead into a follow the leader game where children are split into groups of 8/10 children and the group follows what the leader does

**Benefits**

This develops gross motor skills, spatial awareness, pathways and teaches children to mimic others.

**S.T.E.P. into Year 1:**

S – make the space larger, or smaller, dependent on the abilities of the pairings.

T - Can you create a paired movement, for another team of 2 to follow?

E - Can you introduce equipment into the movements to be shadowed?

P – Increase the number of people in a team – 3/4/5 if possible – dependent on ability of pupils social interaction skills

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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