

# Follow the Lines – All Grades

**Needed Materials:** 3 to 4 different colored duct tape, space, & music

**Instructions:** In this activity, students will be exploring creative movement using different colored lines on the floor. Think of 3 to 4 different pathways for the students to follow throughout the space. The pathways can be going straight, zig zag, diagonal, curve, or a combination (you can also allow the tape/pathways to cross if it's not too confusing to your students).

Each tape color will have its own pathway. Once the tape is down, take a moment to talk about and practice different movements (which will be listed at the bottom of this activity) that can be done along the pathways. Once the students have tried the movements, they are ready to start the activity. The leader will call out a color and a movement, and one at a time the students will execute the movement along the color of the pathway chosen.

Once all the colors and most of the movements have been done, you can increase the level of the game by calling out two colors and a combination of steps such as: "Follow the colors orange & blue, and execute movements hop-clap-stomp along the pathway". You can also allow the students to have free play. You could allow the students (one at a time) to choose whatever pathway and movement(s) they'd like to do. It is very interesting to see how creative the students are and what they come up with.

## Movements

Walk  
Run  
Jump  
Hop  
Slide  
Skip  
Two step  
Kick step

*Let's  
Dance!*

Please note: The teacher and students can add more to this list