

## Secret Exercise Leader

**Grade:** K-5

**Time:** 3 minutes

**Objectives:**

- Students will practice observation skills.
- Students will practice strategizing skills.
- Students will practice team building skills.

**Materials:**

- N/A

**Set Up:**

- Have students form a circle.

**Directions:**

- Designate one student to be the first “guesser” and have them turn around facing outside the circle with their eyes closed.
- Designate a second student to be the “Secret Exercise Leader.” This student will lead the group in different exercises while trying to hide their identity from the “guesser.”
- The “guesser” will turn around and walk to the center of the circle after the “Secret Exercise Leader” starts to lead the group with an exercise.
- The remaining students in the circle will follow along with the exercises the “Secret Exercise Leader” performs.
- Remind the students to try to not look directly at the “Secret Exercise Leader.”
- The “Secret Exercise Leader” will continue to change from exercise to exercise until the “guesser” figures out who the leader is or until time runs out.
- Each game should last about 3 minutes.

**Variations:**

- Designate two students to be the “Secret Exercise Leader.”
- The remaining students in the circle can decide which one to follow, but must continue to follow the leader they choose the entire game.

**National Physical Education Standards:**

Standard 1

Standard 2

Standard 4



**Oklahoma Academic Standards – Physical Education:**

S1.E1, S1.E3, S1.E4

S2.E1

S4.E1, S4.E2, S4.E4, S4.E5, S4.E6

**CASEL Competencies:**

Social Awareness

Relationship Skills

**Resources:**

Robinson, S. (2019). *Sit Less, Move More, Learn Better Workshop 2019*. Tulsa, OK :  
Tulsa City-County Health Department.

