

Name of exercise	Start-stop-follow
Description of exercise	<p>Begin working in pairs</p> <p>One person is the 'leader' and they move about the gym using different types of movement – running, walking, skipping etc</p> <p>The other person follows and 'mirrors' the actions made by the leader</p> <p>The leader must also stop their movement and 'freeze' their posture on a regular basis. They hold the freeze posture for a few seconds, then move off again.</p>
Key themes that this exercise can support	Focus of attention, coordination and cue recognition
Emphasised at	Early Years
Appropriate for	Early – First Level

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