



# Left Foot, Right Foot



Keep the rhythm and watch the leader!

ENERGY



COMPLEXITY



GROUPING



LOCATION



### Materials

- rhythmic music, such as marching band music or African music

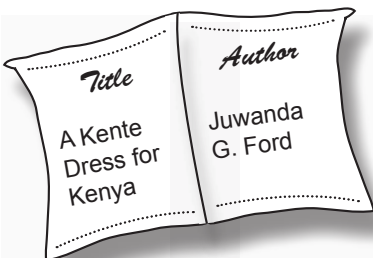
### Preparing

- Tell students that this game is played in Liberia, a country in Africa.
- Play music and have everyone stand in a circle and clap in time.

### Doing

- To demonstrate the game, play the role of “It” for the first round. Stand in the center of the circle and, to the rhythm of the clapping, hop toward a player until you are standing in front of him. Still in rhythm, lift one leg with bent knee and toe pointing down. Tell the player to lift the same leg you did (i.e. the left leg if you lifted the left, the right leg if you lifted the right).
- Explain that, once play really begins, the player “It” chooses will have to lift his leg at exactly the same time “It” does. If the player lifts the wrong leg, or if he moves slower than the rhythm of the clapping, he will take the place of “It” in the center for the next round. Have the player who helped you demonstrate take the first turn as “It.”

## LitART Recreation



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