Players stand in a circle, and one player (the leader) demonstrates a particular skill. Each player in turn around the circle repeats this skill. Slowly introduce more skills.

What to do

> Nominate a player to lead.
> The leader demonstrates one skill (e.g. kicking, blocking, passing, shooting, throwing).

Change it

> The next player in the circle repeats the movement and adds a movement of their own.
> The next player adds another movement, and so on.
> Each player needs to remember the previous pattern.

Safety

> Make sure there is enough space between players to avoid contact.

LEARNING INTENTION:

Mexican wave develops understanding of the movement elements of time and moving in relation to other people.