



Frog Crossing

Health & PE – All Grades

Students pretend to be frogs and cross a pond by jumping on lily pads.

Materials:

- 4 cones (for boundaries)
- 1 spot marker per student (hoops may substitute for spots)
- Music and player (optional)

Instructions:

1. Create a large (30 x 30 paces) activity area.
 2. Have students select 1 hoop or 1 spot marker (“lily pad”) each.
 3. Form groups of 3, and have groups stand in single file lines facing one sideline (“pond”). The first in line is the “Frog,” the others are “Tadpoles.”
 4. The object is for the Tadpoles to help their Frog cross the pond and reach the other side.
 - a. Tadpoles: Place the lily pads in a line so that your Frog can jump from lily pad to lily pad and cross the pond.
 - b. Frogs: Only good frog jumps to cross; 2 foot jumps and 2-foot landings.
 5. Begin the game and add the following rules as the students are engaged: Only Frogs are allowed on the lily pads, only Tadpoles are allowed in the water, if a Frog lands in the water they must start over.
 6. When a Frog reaches the other side of the pond, they switch roles with 1 of the Tadpoles. Continue until everyone has been a Frog. If a group finishes early, have them play leapfrog outside of the boundaries.
- ** Lesson Enhancement:** Ask students what they could do to jump farther (bend knees, use arms, extend legs further, etc). Ask students if they thought it became easier for the Frog to cross after the first few tries. What did they do or say to make it easier?