



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Leaping Frogs

Sponsored by Premier Education

Overview: This is a really exciting challenge that needs plenty of room and some creative imagination to enjoy.

Time: 10 minutes.

Equipment required: Anything to mark out areas on the floor.

Benefits:

- An energetic game which should get every child out of breath.
- Creative and fun, meaning it can be built around themes or stories.
- A reliable way to get the children engaged and fired up.

The Game:

1. Start by setting up a course on the floor. This can be done by drawing lines, putting out cones or laying down hula hoops to jump between.
2. Every player now takes turns (one at a time!) to leap their way from one side of the course to the other, only stepping on the areas of the floor where they're allowed to.
3. If they touch the ground they're not meant to, they go to the back of the queue and have another try.
4. Make sure everybody is cheering each other on!

Variations:

1. If you have the numbers and the space, you can set up two identical courses and split into two teams - make sure you've got eyes on both teams to spot any stray feet!
2. Once everybody reaches one side, have them do the course in reverse for an extra challenge.
3. A very different variation is to send the players over in pairs and have them leapfrog each other all the way across!