

Frogs & Lily Pads

You will need:

Cushions/towels, space on a non-slip floor, obstacles (kitchen roll, books on their side).

Level 1 – Jumps

Children should line up 5 cushions/towels in a line. Make sure you don't use a slippery floor!

Basic jump – 5 in a row

1. Jump in a straight line using arms to help swing
2. Hop in a row
3. One foot to the other
4. 1 foot to 2 feet, 2 feet to 1 foot
5. Side ways, backwards (be careful)
6. Star jumps, tuck jumps. (Keep head up)
7. Rearrange the cushions. So doing side forwards, diagonal
8. Jump over things, kitchen roll, book on side.

Level 2 – Lily Pad Maze

Your adult should draw you a map over 9 squares.

You need to guess your way through the map. If you jump onto the correct lily pad you will float and you can continue on your journey, if you jump onto the wrong lily pad you will sink and you must start again.

To make the game harder, use more Lily pads, use obstacles or jump in different ways.

For help see our instructional video

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