



Frogs and lily pads

Players continuously jump from lily pad to lily pad using a two-foot takeoff and landing technique. Play in groups of 4–8.

What you need

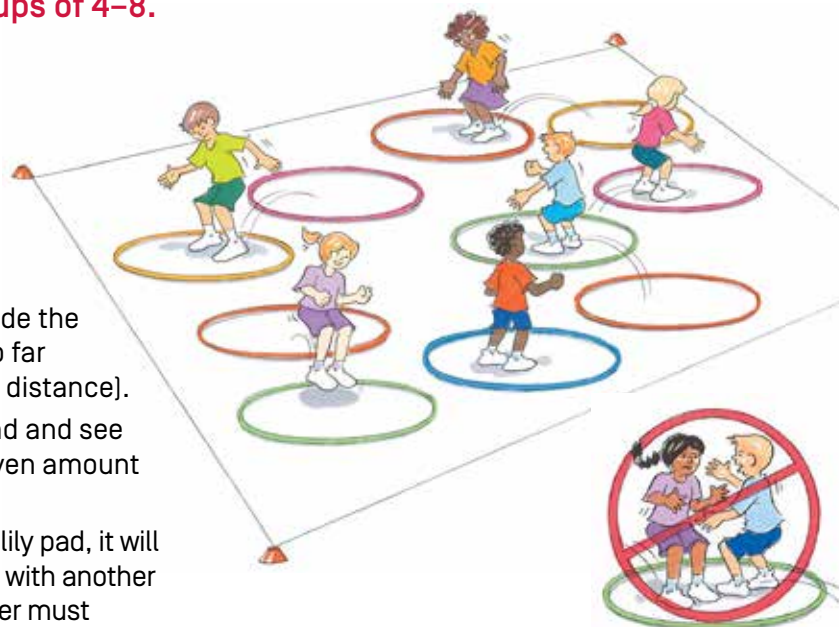
- > A 10m x 10m square marked out by 4 cones (the pond)
- > Hoops to be used as lily pads

What to do

- > Randomly distribute the hoops inside the pond, making sure they are not too far away from each other (i.e. jumping distance).
- > Players jump from lily pad to lily pad and see how many they can land on in a given amount of time (e.g. 60 seconds).
- > If there is more than one frog on the lily pad, it will sink. If a player jumps onto a lily pad with another player already on it, the original player must immediately find another lily pad to jump onto.
- > Players may jump into the pond as well as onto the lily pads.

Safety

- > Encourage players to look before they jump, so they don't collide with other players.
- > When using low boxes, a player cannot jump onto it when there is another player already there.
- > Players must be careful to land in the centre of the box so they don't tip it over.
- > Play for short periods to avoid overuse injuries.



Scoring

- > See how many lily pads players can land on in 60 seconds.

Ask the players

- > How do you feel when you jump without a break?

Change it

- > Have more or less lily pads than players.
- > Players can jog in between jumping on lily pads or in pond.
- > Players can take off from one foot but should always land on two feet.
- > Introduce a tagger. Players must jump around the pond and avoid the tagger. Players are safe if they are standing on a lily pad, but as soon as another player jumps on that lily pad the original player must find a new one. If a player is tagged, they become the new tagger.

Teaching tips

- > Swing arms behind and then forward to propel yourself up and forward when jumping
- > Bend your knees as you land to cushion yourself
- > Land on both feet at the same time to maintain your balance

LEARNING INTENTION

Frogs and lily pads is a fun warm up activity that introduces (and allows players to practise) the correct jumping technique, which is a fundamental skill for many other activities. It can be followed by activities that further extend spring and landing or rotation skills.