



GET ACTIVE



10 MINUTES



IN THE
CUPBOARD

FROGS & FISH



AIM

The frogs must safely navigate their way across the river using the lily pads provided, being careful not to be stopped by the fish swimming in the river. Can the frogs make it across the river and to the other side safely?

WHAT YOU'LL NEED

- > Cones
- > Bean Bags
- > Hoops

GET ACTIVE: FROGS & FISH

THEME: PLAYING GAMES



LEADER PREPARATION

A leader will need to set up the equipment for the game as listed in the instructions.



GETTING INTO THE ACTIVITY

This game is a great way for children to develop their movement skills such as hopping, running and tagging, whilst having a lot of fun along the way.

Set Up: At both ends of the room place a line of cones about 1-2 meters from the wall, these will be the riverbanks. The space in the middle of the room will become the river. In one of riverbank ends place 10-12 beanbags (or similar items). The children will then start the game in the other riverbank end. In the middle of the room (river) place 5 or 6 hoops (lily pads).

- 1 Split the group into two or three teams. Each team should stand in a line on the riverbank facing the river. These children will be the frogs.
- 2 On GO, one frog from each team must hop like a frog through the river and to the other side where the beanbags are. The frogs should collect a fly to eat (beanbag) and then hop back through the river to their team. Once back, the next frog in their team can go.
- 3 One child should be nominated to be the fish. Their job is to stay in the river area and try to stop the frogs from getting their food. To do this they should tag any frogs they can catch to send them back to the riverbank.
- 4 On the river are lily pads. These are safety zones for frogs to land on until the danger of the fish has passed. Frogs cannot be tagged when stood on a lily pad.
- 5 If a frog is tagged on their way to get some food, they must return to their team and the next person can go. If a frog safely makes it to the riverbank to collect some food, then they cannot be tagged by a fish on the return journey.
- 6 The team with the most flies (beanbags) at the end of the game win.
- 7 Play the game again, letting someone else be the fish.



IDEAS TO TAKE THIS FURTHER...

Change the difficulty of the game by making the fish hop too, having more than one fish in the river, having more/less lily pads as safety zones or by allowing frogs to be caught on the way back to their teams as well as on the way to the flies.



KEEPING EVERYONE SAFE

Please make sure the playing area is appropriate for this activity and free of obstacles. This game could result in minor collisions, ask children to be careful when running around and always paying attention to everyone around them.