

Participants practice specific fundamental movement skills and accurate tossing in this fun competition.

## Setup



- Place objects (“frogs”) throughout the playing area.
- Place one poly spot (“lily pad”) in the middle of the playing area.
- Indicate a movement skill and duration or number of repetitions on each frog:
  - 5 jumps
  - 10-second plank
  - 3 hops on each leg
  - 4-second balance on each foot

## Safety

- Spatial awareness

- Participants start at the same distance from the lily pad.
- On the “GO” command, participants grab one frog and perform the movement skill indicated.
- Participants then toss the object to land on the lily pad, gaining 3 points for each landing.
- Participant with the most points wins.

## Modifications

- Encourage participants to hop, skip, or jump around the playing area.
- Make lily pad larger or smaller depending on skill level.
- Place/hide objects throughout running/walking route. Participants pick up objects as they go along the route; after they finish each activity they receive bonus points or awards.