

# Frogger

*Activity*

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 1 2 3

**Division(s):** Primary

**Setting:** Intramurals

**Season:** Spring

## Activity Goal

Participants engage in a cooperative group activity in a spring environment to build healthy relationships and social connections with others and for additional opportunities to be active throughout the school day.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Spring Safety Considerations, and Outdoor Playing Areas and Surfaces.

## Equipment

4-5 hoops per group

## How to Play

- Divide participants into several small groups with an equal number of participants.
- Participants work together as a team to advance members from one end of the activity area to the other (the pond).

- Provide each team with 4 or 5 hoops (lily pads) and have them place them one right in front of the other in a line towards the other end of the pond.
- On a predetermined signal, the first participant in the line frog jumps from one hoop to the next. The other participants pick up the hoops that have been jumped in and place them in line in front of the frog so that the frog may continue to jump across the pond.
- If the frog jumps and misses the hoop and lands in the water, they must return to the beginning and start again.
- Once the frog reaches the other end of the pond, another frog will jump in the hoops making their way back across the pond in the opposite direction.
- Continue until all participants have had a chance to be the frog.

## Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Consider playing against other teams or where teams try to beat their own times.
- Consider using smaller marks/plastic spots to increase the challenge for the frog.
- Instead of using lily pads to cross the pond, have participants leapfrog over one another to cross the pond. Participants squat down with a rounded back, hands in front of them on the ground for support. One participant places their hands on the back of their teammate and pushes forward with their hands and feet to leapfrog over them. Once they reach the front of the line, they squat down and the participant at the back of the line becomes the frog and leaps over teammates to get to the front of the line.

## Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants with limited mobility, have them choose how they move to imitate a frog and/or shorten the travel distance.
- Consider inclusive approaches to increase or decrease the challenge to find a role for every participant and to encourage full participation.