

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Ribbit Ribbit

Game Description:

Don't be the last person to a lily pad.

Objective:

Find a lily pad when the leader yells "Ribbit Ribbit"

Game Rules:

Scatter hoops, poly spots, or anything resembling a lily pad. There should be at least 1 hoop less than children. Tell all the children they are little frogs moving around, when the leader calls out "RIBBIT RIBBIT", everyone must go and find a lily pad. If the child does not find a lily pad, they must do 3 frog jumps calling out Ribbit Ribbit each time.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Gallop
Hop
Jump
Run
Skip
Track