

Leapfrog

Grades K-5

BENEFIT

Moderate aerobic exercise

LOCATION

Grass

EQUIPMENT

12 cones

The student in front crouches down; the student in back leapfrogs over the crouching student, then crouches down ready to be leaped over. Partners perform a series of leapfrogs, alternating who crouches and who leaps.

- 1** Set up two parallel lines on the grass, approximately 50 feet apart. Assign each student a partner. One partner stands behind the other, front to back. To avoid collisions, have the pairs line up along one of the lines (the starting line) facing the other line (the finish line), arms-width apart.
- 2** Each pair begins a series of leaps. The front partner crouches down on the ground. The back partner places both hands on the crouching partner's back and stands with his feet apart. The standing partner leaps like a frog over the crouching partner, then crouches down in front of his partner. The partner now in back stands and leaps like a frog (see photos to the right); the leapfrogging continues until the pair reaches the finish line.



Variation

Try this activity with groups of three or four students. The members of the group form a line, front to back. The first three students in each line crouch down; the last student in each line leapfrogs the others, one by one, until he gets to the front, where he then crouches down. The student who's now last in the line stands up and leapfrogs forward. The leapfrogging continues until the group reaches the finish line.