

Frogger

Objective: To cross from one end of the "pond" to the other within the assigned time limit by hopping on two feet.

Equipment: Poly spots, fleece balls, cones, jerseys.

Activity Description: One team will be on the outside boundaries behind a designated line to throw from. The other team will be at one end of the pond waiting to start. There are cones along the free throw lanes indicating the pond boundaries with all of the poly spots laid within it.

Procedure:

1. Frogs: must travel across the pond with two feet (hopping) just like a frog from spot to spot.
2. Frenchies: must throw the fleece balls from behind the designated line. They can be on both sides of the gym.
3. Ways to go back to the beginning of the pond:
 - Hit with fleece ball S to S
 - Step into the "pond".
4. Frogs may catch the fleece balls in order to remain on the poly spots. They may throw the fleece balls back or drop them in the pond.
5. The Frenchies can enter the pond to retrieve balls but must return behind the throw line to throw again.
6. If a Frog makes it safely across the pond, they are Bionic Frogs. They put on a jersey and can re-enter the pond to protect the other frogs. They are immune to the power of the fleece balls.
7. After the first round, have groups change roles and repeat.

Check of Understanding:

- When you get hit with a fleece ball where do you go?
- If you are a Bionic Frog, what are you allowed to do and what should you be wearing?

Safety :

- Aggressive throws
- Head shots

Variations:

- The frogs can be safe from the fleece balls when standing on the lily pads.