



CATCH THE FROG



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Objective

In Catch the Frog, the children run at a high-intensity pace when taking deep frog leaps either to avoid being caught or when they catch frogs.

Equipment

No equipment required.

Instructions

1. Mark out the play area.
2. The children are frogs and spread out over the play area.
3. Depending on how many are playing the game, choose one or more children to be hunters.
4. When the game starts, the frogs make frog leaps and move around to avoid being caught by the hunters (the hunters must also jump).
5. When the frogs are caught, they become hunters. How long does it take for all the frogs to become hunters?

Variation

- The game can be varied by playing that the children are other animals and imitating the animal's movement patterns. For instance, penguins, snakes (wiggle around), cheetahs (run fast), crabs (arms and legs on the ground with their back down walking sideways) or horses (galloping).