

Lily Pads and Bull Rushes

How to play / Teaching points

Pupils select either Lily pad (standing in wide star shape) or Bull rushes position (standing in tall straight shape).

A small number of pupils are shape changers. Shape changers move by running. These pupils agree to work as hard and as fast as they can.

When tagged by a shape changer the pupils who were lily pads change to frog hopping and the pupils who were bull rushes change to pogo jumping.

They must continue until they are caught again and then they return to their original position.

Adapting the activity

Enable

- Practise Frog Hopping
- Practise Pogo Jumping
- Practise Star shape
- Practise Straight shape
- Start with everybody doing either lily to frog or Bull rushes to Pogo in small garden areas, then join two areas together. See CD Rom 'using apparatus' section
- Limit the amount of time the game is played for

Challenge

- Encourage shape changers to set targets for how many pupils they are going to tag in a certain amount of time
- Encourage jumping in different directions
- Extend the amount of time the game is played for
- Increase the number of shape changers

Health Related Exercise benefits

- Stamina and strength

Links to future learning

- > Jumping related activities

