

# Activity Guide

## Leap Frog

**Overview:** FlagHouse and Project Adventure have partnered up to create this unique and exciting cooperative challenge activity. We're confident that your participants will have a blast with this exciting game!

Leap Frog gets up to 14 participants planning, working, and moving together! In this team challenge activity, participants attempt to move across a specified area using foam walking beams and landing disks. Every team member must work together to walk across the beam, lay down the next beam, pick up the last beam and repeat the process. Beams may be moved, but the disks must remain in place. Set includes six walking boards and eight discs for groups up to 14, or for two groups challenging each other at the same time and longer passages across the area. Constructed of durable nylon over firm foam.



### What Are the Educational Applications?

- Leap Frog is as much a physical task as it is a problem solving task. Participants usually jump to the physical solutions before thinking through the problem. The combination of planning and skills is the key to Leap Frog. This activity is a small group challenge that fosters teamwork, risk taking, creativity and problem-solving.
- To solve the Leap Frog task the teams must combine their physical skills with group problem solving and cooperation.
- The post activity debriefing is an important part of the learning process.

### How Can I Use This Product With My Students?

- **Who:** A large, safe area indoors or outdoors.
- **Age:** Students in Grades 5-10
- **Group Size:** 6 to 14
- **Basic Skills Needed:** Teamwork, cooperative skills, problem solving, trust and communication.

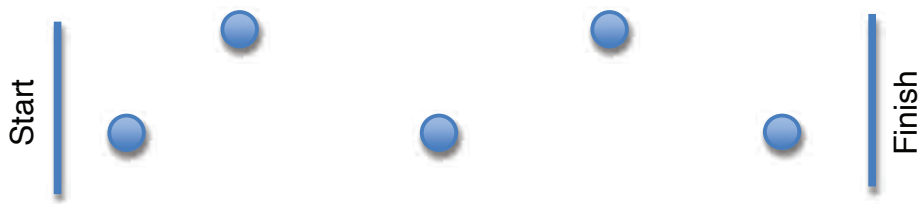
### Set Up/Instructions:

- Set up the balance discs in a zigzag pattern the distance apart equal to the foam boards.
- In a pre-activity discussion, talk about leadership and problem solving.

## The Games/Activities

### Activity #1: Walk The Plank

- a. Objective: To transport the group across the designated area without touching the ground.
- b. NASPE Standards: 1, 2, 3, 4, 5, 6
- c. Objective: Have the team start at one end of the zigzag track (see diagram).



d. How to Play:

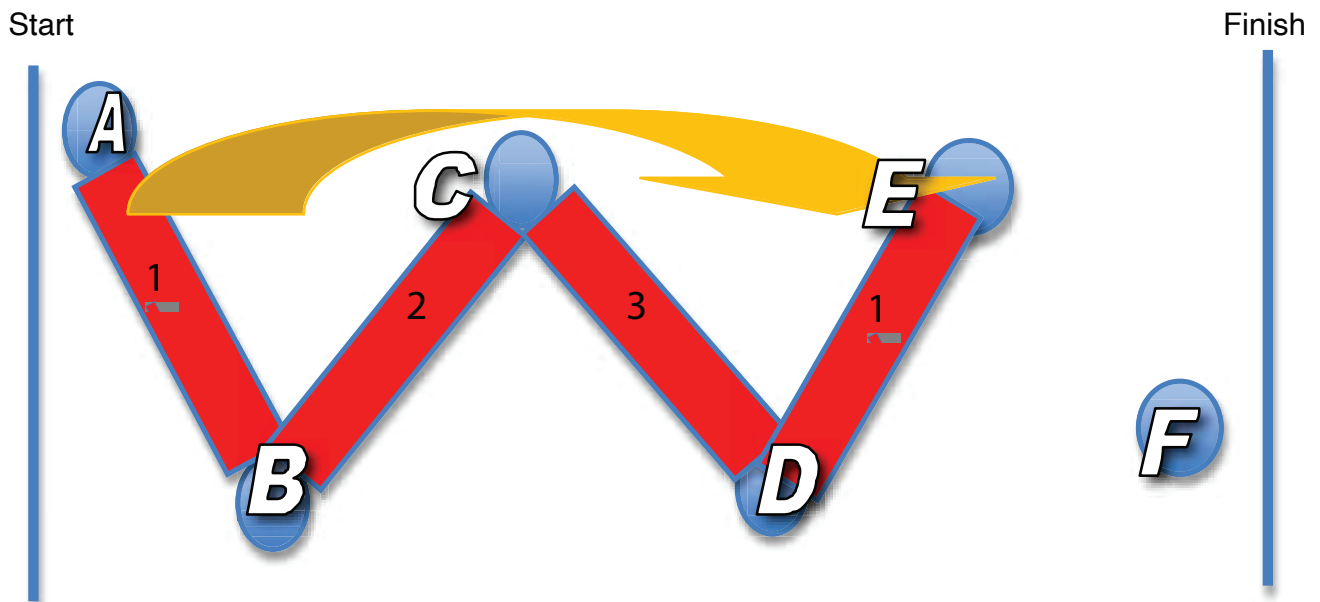
- The group starts on the signal and using the three foam boards to walk on, moves the boards from disk to disk to get to the other side of the area.
- To be used to walk on, the boards must be touching the disc.
- If a person steps off the board and touches the ground, the individual or the whole team must start over or a time penalty may be assigned to the team. There could also be loss of the use of that plank.

e. Extensions:

- Try the task with no verbal communications.
- Attempt to change the order of the team or reverse the order.
- Blindfold a team member and help them across the zigzag course.
- Make all or part of the team walk backwards or sideways.

**Example of Leap Frog in Action:**

Start with all participants and the three red foam planks behind the start line. Place first plank down from disk A to B and have the team start to walk the plank to disk B. Then put plank #2 down from disk B to disk C and have the team continue to walk from plank #1 to plank #2. The team then puts plank #3 down from disk C to D and walks the 3rd plank. Now comes the leap frog part. The team must pick up plank #1, pass it down the row of team members and place it from disk D to disk E. The team now continues their walk onto plank #1. The team next picks up plank #2, passes in down the line and places it from disk E to disk F and continues moving as a team to the finish line. Note: More disks can be added and more planks used.



**Post-Activity Discussion Questions**

- a. How well did you determine a solution to this problem?
- b. Who took the lead in helping the team get organized?
- c. Did everyone support the leader?
- d. Did everyone work well as a team and keep each other safe?
- e. Where else in our lives can we work as a team?

**Safety Issues & Concerns**

- Students need to be aware of one another as to not bump into each other while playing the games.
- Avoid body contact to limit injuries.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



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