**Name/Title:** Crazy Frog's Lily Pad Game

**Purpose of Event:** This activity is designed to introduce and practice the forward roll.

**Prerequisites:** One must know how to do a forward roll safely.

**Suggested Grade Level:** K-2

**Materials Needed:** gymnastic floor mats and gymnastic wedges (if available), crazy frog music (optional)

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### Description of Idea

#### Lead-up Activity: Crazy Frogs

When the music starts students begin jumping like frogs in the open space. When the music stops each student must find a partner and stand back to back in the "frog" position (squatting down with their hands on the floor right in front of their feet). When the teacher calls out "Crazy Frogs" each student lifts their gluteus maximus in the air and looks at their partner between their legs (the peak-a-boo position). When the music begins again the frogs jump away until it's time to find a new partner.

#### Lily Pads: Place the gymnastic mats around the gym in a circle with 10-15 feet in between each mat. These are the lily pads.

On the teacher's signal the students begin jumping counter-clockwise around the gym like frogs. When the student arrives at an unoccupied mat, (s)he will perform a forward roll with the following cues: "frog, peek-a-boo, push." (see below)

- **Frog:** Frog position with hands right in front of your feet. (strong arms)
- **Peek-a-boo:** Lift your gluteus maximus in the air and look between your legs behind you. Place your chin on your chest.
- **Push:** Push with your legs and roll on to the upper back to complete a forward roll.

After completing a forward roll the student jumps to the next mat and performs another forward roll.

#### Variations:

You can have students vary the types of rolls that they are performing and include choices such as the log roll, shoulder roll and even the backward roll after they have had sufficient instruction.

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**Assessment Ideas:**
The teacher positions her/himself at a mat where (s)he can observe individual students when they arrive at the mat, and, at the same time, observe the class as a whole. By positioning oneself at a central area the teacher is able to observe and assess every single student.

While assessing look for the cues "frog, peak-a-boo, and push." Additionally, look at the body position. Are the students able to roll like a ball?

Depending upon what is taught, the teacher can observe several different types of rolls and is able to assess them just by telling the students, "When you get to my mat, I would like to see your best forward roll".

**Teaching Suggestions:**

Beginning rollers may place a beanbag under their chin to ensure that they keep their head in a safe position. Check student health files or with classroom teachers to ensure that no one has any neck stability issues.

Start beginning students on the wedges. The angle helps students be successful and less fearful.

Students might get dizzy and become bored with all that jumping so keep this section of your lesson fairly short to help students stay on task and be safe. You might want to vary it with personal stunts and balances.

**Adaptations for Students with Disabilities:**

Children with Down Syndrome should not perform any roll that puts pressure directly on their upper neck and back area. Log rolls are fine.

Give students options and ideas of other activities that they can do, instead of having to perform a forward roll, that will allow them to be part of the class and also successful. Most children can perform a log roll successfully. Make special accommodations when needed.

Submitted by Andrew Hershey who teaches at Meridian Park Elementary School in Shoreline, WA. Thanks for contributing to PE Central!  **Posted on PEC: 7/27/2006.**

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