Skill: Running and other locomotor activities, e.g., hopping, throwing
Equipment: numbered poly spots, frog bean bags, basket
Physical outcomes: running and loco-motor activities, throwing
Social outcomes: teamwork strategies
Mental outcomes: mathematics/addition.

Game:
• Place a basket in the middle of the gymnasium for students to throw frog bean bags into. Place numbered poly spots around the basket, with lower numbers closer to the basket and higher numbers further away.
• Divide students into teams of around 5. Students line up facing the “pond” (the basket with the numbered ploy spots scattered around it).
• The students are frogs and must hop to a poly spot and throw a frog bean bag into the pond [basket]. If the bean bag lands in the basket, the student picks up the poly spot, retrieves the bean bag from the basket, runs back to the team, and passes the bean bag to the next person in line. If the bean bag misses the basket, the student simply retrieves the bean bag and passes it to the next person. Play either until all the poly spots have been picked up, or until all players have had a certain number of attempts throwing the bean bag.
• At the end of play, each team sums the poly spots they retrieved to determine their total points. This determines a winner for each round. After several rounds, the teams can add those points together for a cumulative total. Establish Frog and the Lily Pads “World records” for future challenges.

Discussion
1. What do you need to think about in order to make very accurate throws? (Discuss throwing cues, force, direction, etc.)
2. What skills did you use to add up the poly spots? (Did they have to use paper and pencil or could they do it in their heads?)
3. What strategy might your team use to try for a new World record? (Lower skilled throwers should make short throws and higher skilled throwers should make longer throws. Or, begin with shorter throws to get many low-value poly spots quickly. Or, make all long throws to get higher-value spots. Discuss pros and cons of each strategy.)

Jump Rope for the Heart
The American Heart Association, with its partner the American Alliance for Health, Physical Education, Recreation and Dance, launched Jump Rope For Heart as a national fund-raising and education program in 1978. With over 23,000 elementary schools and 4.5 million students participating last year, Jump Rope For Heart continues to educate students about living a heart-healthy lifestyle. This activity can help children to learn the importance of keeping a healthy heart, plus participate in an event with students from around the country. For more information about this important event, contact the American Heart Association.

Source: pelinks4u.org