



## Hungry Frog: Physical Activity Lesson

### Purpose

The purpose of the Hungry Frog lesson is for children to demonstrate mastery of fundamental skills for a lifetime of sport and recreational activities. Children will learn cognitive concepts and will enjoy playing the game. Through participating in the lesson, children will increase their physical activity levels.

### Objectives

By participating in this activity, students will develop and acquire:

- Skills associated with balance and stability
- Skills associated with controlled body movement (frog leaping, running, etc.)
- Skills associated with gross motor movements
- Skills associated with language development, consciousness of self, and social/emotional development
  - Including, but not limited to, imaginative play, cooperative play, self-esteem development, leadership development, relationship building (with peers and teachers), and team building.
- Cardiovascular endurance

### Materials

- Laminated pictures of insects that live in a pond habitat
- Picture of a pond with plants and animal life
- An enlarged, laminated picture of a lily pad

### Lesson Steps

1. Introduce yourself
2. Introduce the pond habitat
3. Demonstrate proper frog leaping
4. Deliver game instructions
5. Model the game

### Game Instructions





- Before the game
  - Have teachers model and demonstrate the activity
  - Introduce the roles the children will play during the game
    - A few children will be hungry frogs. They will jump up and down like a frog on their lily pad during the game.
    - The remaining children will be insects. Their job is to run around the playground, catching bugs one at a time and bringing them to the hungry frog.
      - When approaching the frog with a bug, the children should ask, “Are you hungry?” Pretending to be hungry, the frogs should pretend to eat the bugs and put them the ground in front of them.
    - Once the insects hand off the bug to the frog, they run to find another bug, and another, until all the bugs have been collected.
  - Inform children that everyone will have a chance to be both a frog and an insect
- During the game
  - Ensure that the frogs are jumping up and down on their lily pad
  - Ensure that the insects are running around collecting all of the bugs to feed the frogs
- After the game
  - At the end of the game, each frog should take their own bugs and spread them out on the playground to play again
  - Have teachers rotate out the children, to ensure the opportunity to be both a frog and an insect

## Modifications

- Game play
  - Adding music: Play fun and energizing music while the kids run and pick up the bugs
  - Wheelchair modification: Child can use pool noodle to try to swat the insects when the frogs run around.
    - Rule: Noodle can only be gently “tapped” on an insect when swatting
  - Play Hide and Seek: Hide all kinds of pictures of pond life around the playground or classroom.
    - Be sure to count the cards so you know how many are hidden!
  - Group work: Have children pair up and work together!



- Rule: The children have to stay together and work as a team. Give each group an empty paper bag. See which group can collect the most bugs on the playground!
- Variation: Instead of seeing who can collect the most cards, so who can collect the most of one type of card
  - Example: Which group can collect the most butterflies?
- Toddler Idea: Put a big frog face on a tub and have toddlers run around, collect the bugs, and put them in the tub