

On a soft-fall grassed or carpeted area, mark a start line for children to stand on.

Use chalk, masking tape, hoops or flat non-slip markers to mark four lily pads, stretching out in a straight line from the start line.

Place a marker five to 10 metres from the last lily pad to mark the finish line.

You can set up multiple lines of lily pads depending on the number of children playing.

Children can then jump like frogs onto each lily pad.

Once they reach the final lily pad, they run to the finish line and then back to the start line.