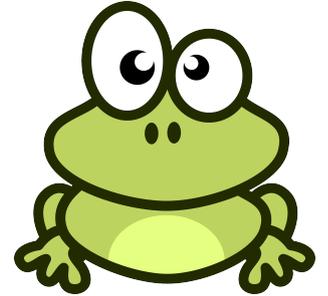


WR Sports PE MUSICAL LILY PADS

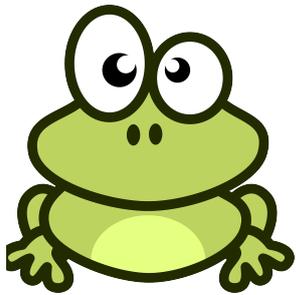


1. In an open space, lay out cushions, mats, tea-towels etc to create “lily pads” (Please make sure they wont slip when jumping from one to another).

2. Whilst music is playing the children can dance, hop around like frogs or even move in different ways **around** the lily pads!

3. When the music stops everyone must jump onto a lily pad and stay as still as they can!

-The different surfaces should be tricky to balance on, but after a while muscle memory will help them adapt to whichever surface they are on!



4. Playing this game is a great way to practice balancing! Lets make it more challenging.... Now when you jump on a lily pad, you must stand on one leg!

5. How long can you play without falling off!

6. Now you cannot touch the floor at all, jump from lily pad to lily pad freezing when the music stops!

