

move to improve

These move to improve activity guidelines are designed to be used in conjunction with the move to improve website. Please go to www.movetoimprove.org.uk for full guidelines and information for parents and carers.

Lily pads

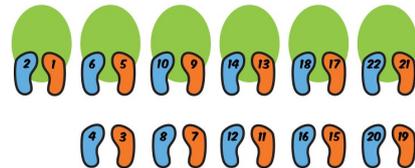


Suitable for:

- 1 or more players
- Outdoor area
- Main skills: Multi movement
- Age appropriate: 3-7years



Example: Side stepping



Make it happen

Place some marker spots down in a line like stepping stones (call them 'lily pads' if using Hoppy's Leap theme – see **Make it fun**). If you don't have marker spots, see **Make your equipment suitable** below for further ideas.

The children can perform a range of footwork exercises moving along the marker spots (lily pads).

3 - 7 yrs

- Face forwards along the line of Lilypads and leap from one foot to the other
- Jump forwards with both feet together
- Hop forwards along the lily pads using right foot only (then change to using left foot on next turn)
- On tiptoes, run forwards along the lily pads (both feet need to land on and push off each lily pad)
- Turn sideways to the lily pads (as shown in the diagram) and on tiptoes, side-step along them (change sides to face the other way on second turn)

5 - 7 yrs choose from all of the above, plus...

- Turn sideways to the lily pads (as shown in the diagram) and on tiptoes, side-step along them. If moving from left to right then lead with right foot first, if moving right to left then lead with left foot first.
- Hopscotch forwards (jump off one foot to land with both feet either side of a lily pad, jump back onto the lily pad on one foot)
- Stand sideways on a lily pad and jump and twist to land with both feet facing the other direction (a half turn)
- Jump with both feet together to land two lily pads forwards and then jump one backwards
- Jump like a frog (crouch down and then jump forwards using hands and fingertips to land back in a crouch)

Make it safe

*We provide this list only as a guide of what parents/carers may wish to consider. Please also read our general guidelines on the **Parents/carers information** page.*

- Ensure that the movement the children are performing is suitable for the space you have available.
- When jumping, hopping or leaping, always land with bent knees to absorb the force and protect the joints. After a few goes let the knees and ankles recover with an activity like walking or add in some rests.

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Please see our sections below to help you make more of this activity and keep your children coming back to it over time.

Make it fun

- What else could the marker spots represent? *Some ideas: stepping stones across a fast flowing river or a lava lake; buildings that the children have to move along the tops of like superheroes; big muddy puddles that the children need to splash in.*
- Tell a story the children need to act out as they move along the marker spots.
- Each time they land on a marker spot they need to make a different sound.
- **Leaper's theme:** Hoppy takes us across the pond on the lily pads. Be careful not to fall in otherwise the big fish or the otters could get us. Make sure we move quickly and keep moving otherwise the herons and other big birds could swoop down and get us.

Please also read our general guidelines on the [Parents/carers information page](#).

Make it a challenge

- How many times can they complete all the lily pads in 30 seconds, can they beat their own score?
- How long does it take them to complete the lily pads using a sequence of movements e.g. running, jumping two footed, hopping on left leg, hopping on right leg, etc.
- If you have more marker spots you can set up another set so children can race each other.
- Each child takes turn to lead the others along the lily pads using a different movement pattern each time.

Please also read our general guidelines on the [Parents/carers information page](#).

Make your equipment suitable

- Always make sure whatever equipment you are using is safe and appropriate for that use.
- If you don't have access to marker spots, you could also mark plate sized circles in a line on the ground with chalk.
- You can also simply draw a straight line or use any straight line that may be already marked on the ground (such as a marking in a playpark). Use the line to jump backwards and forwards over, hop over and sidestep along.

Please also read our general guidelines on the [Parents/carers information page](#).

Make it more energetic

- Use this activity to introduce your children to the type of foot coordination and speed skills that an athlete might perform on an agility ladder. This type of activity can build a foundation for all types of movement and many sports. It is also energetic and develops leg and core body strength.
- In addition to burning lots of calories; activities like running, jumping, hopping, skipping, leaping, all help develop long term bone strength which is really important for children.

Please also read our general guidelines on the [Parents/carers information page](#).

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This **move to improve** resource is provided as a guideline only for parents and carers who wish to supervise physical activities for their children.

Users of this resource have a duty of care to ensure the safety of their participants. We do not endorse the use of any content in this resource that a user feels may present a risk to the safety or well being of the children in their care. Please refer to www.movetoimprove.org.uk for more details.

