



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5–7) – 6 WEEK PROGRAMME

ACTIVITY CARD

**WEEK
2**

**MAIN GAME
RIVER CROSSING**



**20
MINS**



**5–7
YEARS**

MAIN GAME: RIVER CROSSING



FOCUS: Improve jumping technique and land safely and with control.



HOW TO PLAY

- 1 The floor is a river!
- 2 Children start behind the start hoop.
- 3 They jump from hoop to hoop to get to the other side.
- 4 They must not touch the floor (water).
- 5 Everyone tries to cross the river safely.

EQUIPMENT

- Hoops
- Cones (for start and finish)
- Spot markers (optional)



MAKE IT FUN!

Pretend the hoops are lily pads or stepping stones.
Can you cross the river without touching the water?



COACHING CUES

- ✓ Bend your knees, swing your arms and jump.
- ✓ Look forward to the next hoop.
- ✓ Land softly with bent knees.
- ✓ Keep your balance.
- ✓ Focus and take your time.

TOP TIP



Jump with two feet together and land quietly and safely.



MAKE IT EASIER

- Use fewer hoops
- Make the gaps smaller
- Place hoops closer together
- Allow children to step in if they need to



MAKE IT HARDER

- Use more hoops
- Make the gaps bigger
- Add a time challenge
- Use single leg jumps
- Try jumping in different ways (e.g. one foot, side-to-side)



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP



TRY YOUR BEST • ENCOURAGE OTHERS