

Get up &
go!

How to play

This game needs two players and can be played indoors or outdoors.

Player one - crouch down and rest your hands on your knees.

Player two – run up to player one, place your hands on their back and leap over like a frog flying, straddling your legs wide apart on each side.

Repeat, taking turns.

Pledge to move more and sit less throughout the summer holidays.

1000
TWEAKS
to get more active

No
equipment
required

Leap frog