

**EQUIPMENT:** CONES OR TAPE

**NUMBER OF PLAYERS:** 10+

**TIME:** 15+ MINUTES

## EXPLAIN

- 1 Instruct students to put their toes on the line and face the facilitator (you).
- 2 The facilitator will call out “river,” “bank,” or “riverbank.”
- 3 Players hop forward when they hear “river” and backward when they hear “bank.”
- 4 When the facilitator calls out, “riverbank,” players hop sideways with one foot in the river and one foot in the bank.
- 5 If a player makes a mistake, he or she will do five jumping jacks or a silly dance before rejoining the game.

- ✓ **For Understanding:**
- What do you do when you hear ‘river’?
  - What do you do when you hear ‘bank’?

- GAME TIP:**
- Have a little space to move? Change “river” and “bank” to two designated walls in the room to get players moving. When you say, “riverbank,” players can rush to a designated spot in the middle of the two.

● **EASY:** Step forward and backward in response to commands.

● **MEDIUM:** Run in place while waiting for the command.

● **HARD:** Hop on one foot when commands are given.

# RIVER BANK

