

# RIVER BANK

## READY

### EQUIPMENT:

CONES OR TAPE

### SET-UP:

PLAYERS FORM A LINE

**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:

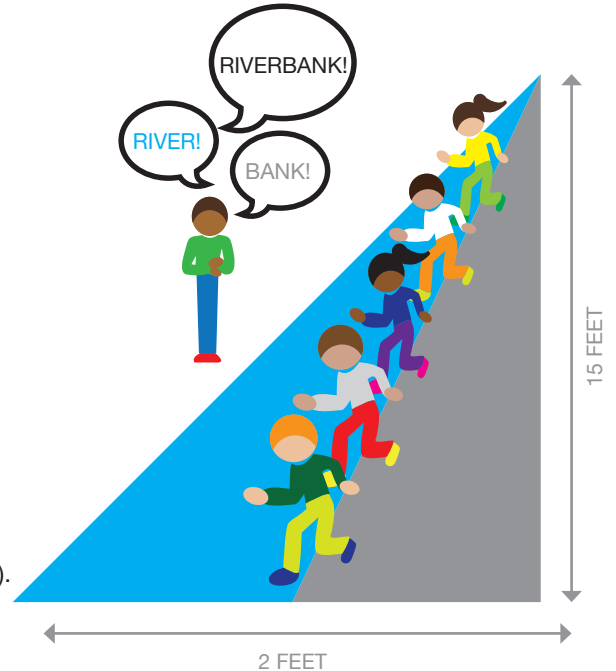
- Have a little space to move? Change “river” and “bank” to two designated walls in the room to get players moving. When you say, “riverbank,” players can rush to a designated spot in the middle of the two.

### CONFLICT RESOLUTION TIP:

- Keep yourself as the line leader so students avoid fighting for the role.

### OUTDOOR TIP:

- Form a circle



### CATEGORY:

ACTIVE LISTENING

### ENVIRONMENT:

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 HALLWAY,  
 GYMNASIUM,  
 LIBRARY,  
 PLAYGROUND

### GRADES:

K-5

### FITNESS FOCUS:



### BACK-UP GAMES:

SHIPWRECK  
 SIMON SAYS  
 SUN, MOON, EARTH

## PLAY → REP IT OUT!

- **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.