

RIVERBANK

Don't let staying inside stop you from getting active. Our Recess Enhancement Program's (REP) game Riverbank can be played in any small space—outside or inside.

RIVERBANK

Who: Grades K-8

Players: 10+

Time: 15+ minutes

Where: Auditorium, cafeteria, classroom, gymnasium, hallway, library, playground

Equipment: Cones or tape

HOW TO PLAY:

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



GAME TIP

- Have a little space to move?
Change “river” and “bank” to two designated walls in the room to get players moving as long as they are 6 feet apart. When you say, “riverbank,” players can rush to a designated spot in the middle of the two.

CHECK FOR UNDERSTANDING

- What do you do when you hear, "river?"
- What do you do when you hear, "bank?"

CONFLICT-RESOLUTION TIP

- Be the line leader and have students follow you to avoid fights.

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.