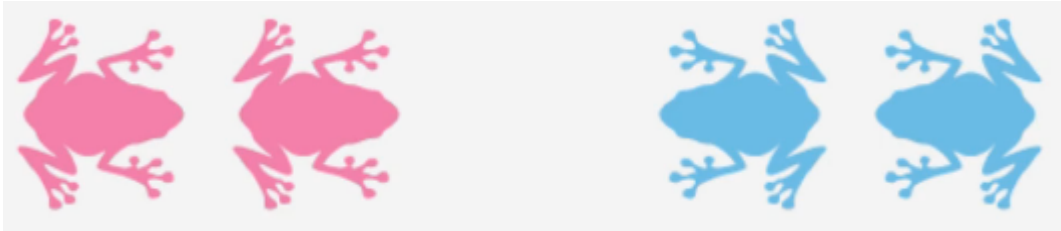In this puzzle, you need to find a way of swapping the red and blue frogs.

Let's start with two red frogs on the left, two blue frogs on the right, and one empty space between them.
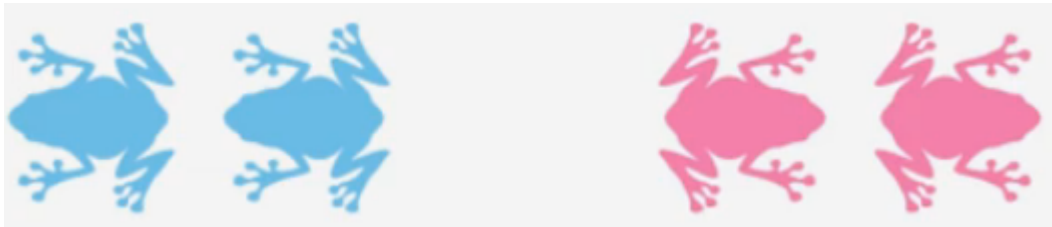
Rules
A frog can step into the empty space.
A frog can jump over another frog into the empty space.
A frog can't jump over more than one frog at a time.

Is it possible to move the frogs so that the red frogs end up on the right, and the blue frogs end up on the left, like this?

You can explore this puzzle using counters or coins, or you can play online.

Is it always possible to swap the frogs, without moving any frogs backwards?

You can change the number of red frogs and blue frogs, and keep a record of how many moves it takes to swap them over.

Can you make any predictions about how many moves you will need to swap over any number of red frogs and blue frogs?