



Rope Games

Active fun using a rope

INTRODUCTION

These three fun active games are for small groups of children. Each game uses only a rope, and encourages children to use their bodies, think about their surroundings and work as a team.

WHAT WE NEED

A rope

WHAT TO DO

Helicopter – One person stands in the middle and spins around, holding the rope at one end so that it swings around the circle. The other children have to jump over the rope as it reaches them.

Limbo – Two people hold the rope at either end and pull it taut. They raise and lower it to varying heights as the other children take turns to pass under it.

Skipping – As well as individual skipping, this activity can be done in a group. Two people hold the rope at either end and spin the rope for the children to jump over.

