



# ROPE GAMES

## Active Play

### 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** – Everyone stands in a circle with one person in the middle. The person in the middle 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 taught. 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 other children to jump over.

