

Activity Typology: Collective play

Material: A jump rope, pads, or scarves

Description of the activity:

If the person or persons does not have a rope, one composed of clothing can be built by joining two or three scarves. A person moves the rope, which must always be in contact with the ground, simulating the movement of a snake (*moves left and right to simulate the S-shaped movement*).

The other person or people should jump from one side of the rope to the other, avoiding being touched. You can count how many times they pass from one side to the other without being touched. If the rope touches them, they start again.

Variants:

V1: The person who moves the rope can give more intensity to the movement to add difficulty, always keeping the rope in contact with the ground. You can move the string from side to side by giving it more speed and tugging it with slower movements.

V2: People who jump from one side of the rope to the other can do it in different ways: jumping with feet together, with one foot, like a frog, etc.

Questions for reflection:

- Did you like the game? Was it fun?
- In what ways have you tried jumping the rope?
- What value do you think has been most enhanced by this game: effort, teamwork, respect, ambition, humility?
- In what situations do you also identify this value at home?