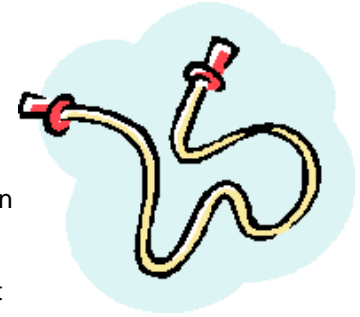


Rope Activities

Rope play has a multitude of uses for people of all ages and can be a great cardiovascular workout. For children, you can integrate school readiness concepts very easily. Spelling words can be practiced, math problems solved, and sing fun childhood chants while jumping rope. Preschool-aged children can practice flat rope exploration (ropes on the floor), whereas older children can develop jump roping skills and tricks. It is recommended that young children use a four to seven foot section of nylon rope (laundry rope, yarn, string) for flat rope play.



FLAT ROPE EXPLORATION

How to Play:

1. Practice making shapes with the rope on the floor. Make geometric shapes (circle, square, triangle, etc.), fruit or vegetable shapes, simple drawings like a boat or a flower or a house. Use your imagination!
2. Write your name with the rope. Practice writing letters and simple words with the rope. Try to write a few words that rhyme (i.e., bat, cat, hat).
3. Write some numbers. Add or subtract simple math equations. For older children try multiplication or division problems.
4. Make a pattern with the ropes, make it simple for young children or complex for older ones. Example: circle, square, circle, square, etc.
5. Ropes can be used to draw body parts (hand, arm, foot, toes, etc.). If you have several ropes or a small group, work together and create a giant body.
6. Make Rope Lines. Using several ropes, lay them in parallel lines 6-8 inches apart. Then have a Conga Line as individuals walk sideways over each line crossing each foot over each other. Increase the speed and the rhythm for tons of fun!

FLAT ROPE GAME

How to Play:

1. Play "Musical Ropes" with a few people. Make ropes into circles, well-spaced apart, and stand inside of them. On GO cue (or music turned on), walk/skip/gallop around the area. On STOP cue (or music turned off) quickly find a circle to stand in.

Variation: Eliminate one rope, the person who does not find a rope in time can cue everyone to GO or control the music for one turn. Never eliminate children and have them wait, they love to move!