

Quick Reference Activity Card: Ropes 2

Set-up: Each student with a rope. Use 4+ cones to set perimeter boundaries.

Each activity below should take approximately 10 minutes.

Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

*Suggested MC Cards* refers to the Movement Concept Cards recommended for each activity.

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|  | Activity Description | Suggested MC Cards | Category |
| 1 | *Musical Ropes*   * Ropes of different colors are spread around the room. Students walk in general space. * When music stops, teacher calls out a color. Students find a rope of that color and walk across it with balance. Students can share ropes. | On, Off | **Balance** |
| 2 | *Jumping Jello*   * Each student with a rope laid straight on the floor. * Students jump alongside the rope in various ways. E.g., jump near, far, light, heavy. * Challenge students with questions: how many jumps to reach the end of the rope? | Light, Heavy, Near, Far | **Movement Concepts** |
| 3 | *Swing Safely*   * Students sit in a circle, each with a rope. * Students swing the rope overhead, then scoot their bottom over rope. Repeat. * First slow, then faster. Race against the teacher by doing 5 turns as quickly as possible. | Over, Under, Slow, Fast | **Manipulative** |
| 4 | *Matching Champions*   * Each student receives a number card. They find another student with that number. * Each pair uses their ropes to create their number on the floor. | Straight, Curved, Zig Zag | **Social/Emotional** |
| 5 | *Breakfast, Lunch, and Dinner*   * Using ropes, create 3 plates at one end of the activity area; 1 each for breakfast, lunch, and dinner. * Students pick up cards with photos of food on them and put them on the correct plate. | Inside, Outside | **Health/Nutrition** |
| 6 | *Trains*   * Students form a train, holding on to 1 long rope. * Students move around the room holding the rope and performing different locomotor skills (e.g., walk, skip, gallop, run, slide). | Group, Alongside, Behind, In Front | **Locomotor** |