

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.

	Activity Description	Suggested MC Cards	Category
1	<u>Musical Ropes</u> <ul style="list-style-type: none"> 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	<u>Jumping Jello</u> <ul style="list-style-type: none"> 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	<u>Swing Safely</u> <ul style="list-style-type: none"> 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	<u>Matching Champions</u> <ul style="list-style-type: none"> 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	<u>Breakfast, Lunch, and Dinner</u> <ul style="list-style-type: none"> 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	<u>Trains</u> <ul style="list-style-type: none"> 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