

Rope Escape

Introduction:

The objective is for the group get under the rope without using their hands/fingers to it up.

Details:



Space:
Gym/Outdoors



Activity Type:
Movement/Group



Grades:
3-12



Group Size:
3 or more



Time:
10-15 minutes

Materials:

- 1 string or rope long enough to enclose a group of people standing in the middle. (Tie the string/rope together to form a circle)
 - Stopwatch, watch, or clock (anything to keep time)
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Activity Instructions:

Place the string/rope on the floor in a circle. Ask the group to get inside the string/rope circle. Challenge the group to get out of the circle by going under the string/rope. This can be done by setting up an imaginative scenario or just by explaining it literally.

The group cannot use their fingers or hands to accomplish the activity. Tell the participants that they will be timed. When the participants understand the rules, say, "On your mark, get set, go." When the last member of the group completes the task, stop the timer and share the time with the group. Ask the group if they can beat the record. Give them some time to share ideas with each other. When the discussion is finished, start the timer. Hopefully they will do better the second time.

Processing the Experience:

- Who came up with the initial idea?
- What did you do to refine the process?
- What roles did people take?

