

MOTOR CHALLENGING PHYSICAL ACTIVITY



# FOLLOW THE ROPE



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## Objective

In this activity, the children challenge their motor skills, concentration and working memory by remembering information while following a rope in uneven terrain.

## Equipment

Rope

Clothes pegs

Various objects to hang on the rope

## Instructions

1. Fasten a long rope between two trees. The surface can preferably be a little uneven so that it becomes motor challenging. The rope can e.g., go over a tree stump and under a branch.
2. Hang various objects on the rope with clothes pegs and / or in bags. Examples can be a cone, mitten, hat, stuffed animal etc.
3. Now, the children should follow the rope without looking. The children touches the objects hanging on the rope and tries to remember all the objects they have passed.
4. When the children are at the end of the rope, they tell the adult which objects they felt along the way.

## Variation

- This activity can be connected to a topic that you are working on by hanging objects that fits the topic.
- You can also use the activity in language training by selecting objects or pictures (if the children have their eyes open) with words that you want the children to practice.