

TITLE

ЛАСТИК

TITLE IN ENGLISH

Elastic



OTHER COUNTRIES WHERE THE GAME WAS/IS PLAYED

Bulgaria, Poland (Gra w gumę), Portugal (Elástico), Italy (Gioco dell'elastico), Spain (Elástico)

ORIGIN:

Skipping the rope was a practice of agility that Hippocrates recommended (460-377 A.J.C.) In China it was played from mediaeval times. It was called Chinese jump rope.

MINIMUM NUMBER OF PARTICIPANTS

3

MAXIMUM NUMBER OF PARTICIPANTS

10+

MATERIAL AND BUILDING INSTRUCTIONS

Elastic rope - 1,5 m long fastened at both ends to make a loop

SETTING:

Indoor or outdoor, playground, streets, etc

DESCRIPTION OF THE GAME:

Two players, standing at a distance of 1,5m stretch around their feet an elastic rope to make 2 parallel elastic lines. The other players have to jump over the rope with one leg several times. There are different levels - the elastic rope rises higher and higher. The winner is the player who can jump over the rope at the highest level.

RULES:

Two players stand a little more than 3 feet apart from each other with the elastic wrapped around the back of their legs at ankle height, so that it forms an oblong shape.

The players faces one of his/her friends and start with the right foot on the outside of the elastic and left foot inside the elastic He/She has to try to do a sequece of jumps, according to the song chosen by the group.

If the player can do the succession of jumps without making a mistake, the elastic is raised higher on his/her friends legs and the player goes again. If the player makes a mistake, his/her turn is over.

If each succession of jumps is successfully done the players will keep moving the elastic up another height until it is around the back of each of their necks. If the succession of jumps is done correctly again at the neck heigh, the jump rope moves all the way down to the ankles again but they move their legs wider with the elastic to create a circular shape and make it more difficult.

LEARNING OUTCOMES | COMPETENCES TO BE DEVELOPED THROUGH THE GAME:

Psychomotor abilities: body coordination, agility, balance, speed, feet-eye coordination, flexibility.

Social skills: Responsibility, teamwork, collaboration and cooperation, relationship, communication, social interaction.

Intellectual abilities: Strategy, decision making, problem solving.

ILLUSTRATION: