

Activity Sheet

Title: Tug of war

Category: Outdoor activity

ORGANISATION OF THE EXERCISE

Duration: 30 minutes

Arrangement: Standing in line

Age: 4 to 5 years old

Materials: ash, 1.5m rope (loincloth or rope)

Objective(s): Develop the child's physical capacity / Develop team spirit

CONDUCT OF THE EXERCISE

Motivation(s) for the exercise : "In my village, children like to play in the moonlight. I hear you like to play too. Would you like to know what game I have in mind for you?"

Exercise : The class is divided into groups of 5 people, by affective group. The game is played by 2 teams. The children form two rows, and each row represents a team. The rows face each other. A line is drawn between the two rows using ash. Each child grabs the kidneys of the child in front. At the instructor's signal, the first two children in position grab the end of the rope and pull with the support of those behind them. Whoever straddles or crosses the line and ends up on the other side, or whoever lets go of the rope, is declared the loser. The loser lines up behind the group that pulled him/her. The game continues until one group loses.

Control of acquisition: /