

Activity Sheet

Title: Jump rope

Category: Psychomotricity

ORGANISATION OF THE EXERCISE

Duration: 30 minutes

Arrangement: In line with the different phases

Age: 5 to 6 years old

Materials: Ropes (one for 3 children)

Objective(s): Developing the physical ability of the child.

CONDUCT OF THE EXERCISE

Motivation(s) for the exercise : "Yesterday, I saw children from my neighborhood playing. The game was very interesting. They were using a rope and jumping with it. Have you ever played jump rope?"

Exercise : The educator divides the children into groups of three and gives each group a rope. Two children hold the ends of the rope and swing it. The third child jumps in the middle of the rope without touching it. Then they rotate roles to allow each group member to learn the game. After a brief practice session, a competitive game is organized among them. Whoever touches the rope is eliminated.

Control of acquisition: /