

Tug of War

Category: Outdoor Activity

ORGANISATION OF THE EXERCISE

Duration: 30 minutes

Arrangement: Children standing in lines

Age: 4 to 5 years old

Materials: Ash, 1.5-meter rope (can be a rope or a piece of cloth)

Objective(s): To develop the child's physical abilities and promote team spirit.

CONDUCT OF THE EXERCISE

Motivation for the Exercise:

"In my village, children love to play under the moonlight. I heard you like to play too. Would you like to know the game I have in mind for you?"

Exercise:

The class is divided into groups of 5 children based on their friendship groups. The game is played between 2 teams.

The children form two rows, with each row representing a team, standing face-to-face.

A line is drawn between the two teams using ash.

Each child holds onto the waist of the child in front of them.

At the instructor's signal, the two children at the front of each line grab the ends of the rope and begin to pull, supported by the rest of their team.

The child who crosses the line or lets go of the rope is considered the loser and joins the back of the winning team's line.

The game continues until one group is entirely pulled over or disbanded.

Assessment of Learning: N/A