

# TOKYO TEN | 東京10



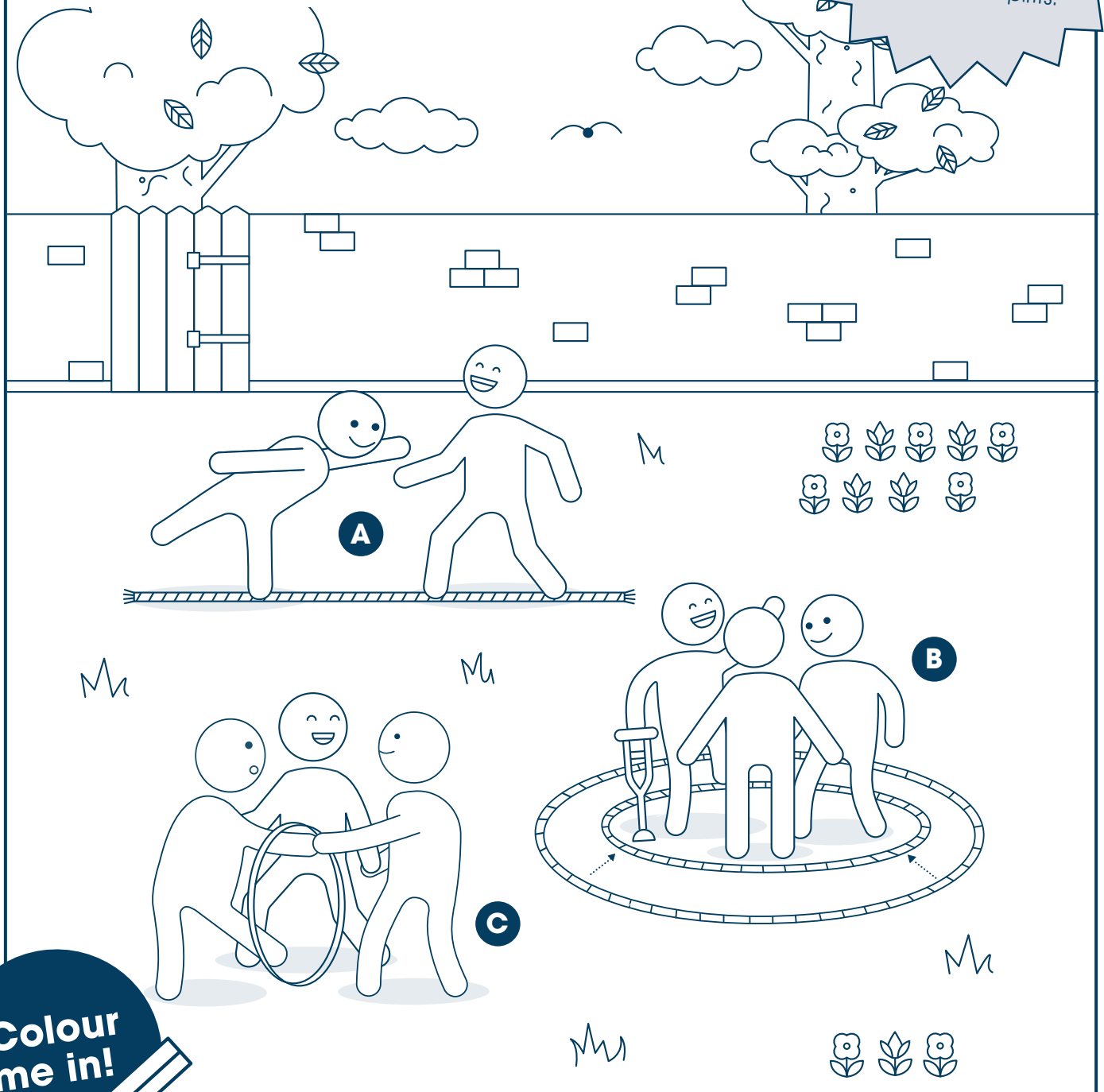
A 10-minute activity to get everyone moving!

## ROPE GAMES

ロープ・ゲーム | Roopu geemu

### Did you know?

At New Year, Japanese people hang a straw rope wreath - a Shimekazari - in the doorway. Traditionally, people thought this kept out evil spirits.



10 Mins



# ROPE GAMES

ロープ・ゲーム

Roopu geemu

Adventure



## Activity type

Home

Away

Indoor

Outdoor

## Equipment

- A 'rope', e.g. skipping rope, washing line, thick string/twine

# How to play



1

Use a rope to try these challenges.

2

**Tightrope** – spread the rope in a long, straight line on the floor. Can you move along it without stepping off? Can you move sideways or backwards, as well as forwards?

3

**Line up** – everyone stands on the rope. Can everyone get into alphabetical order – A at one end of the rope and Z at the other end? Players must keep at least one foot on the rope while standing or moving!

4

**Islands** – make a circle on the floor with the rope. Everyone gets inside. Step out of the circle and make it smaller. Everyone squeezes inside again. Keep making the circle smaller. How small can you make it and still fit everybody in?

5

**Loopy** – tie the ends of the rope together to make a loop (about the size of a hoop). Join hands with the other players to make a circle. Can you pass the loop around your bodies without letting go of each other's hands?

## Variations

- Line up: use other categories, e.g. age, height, shoe size.
- Islands: give categories, e.g. how many feet, elbows or bottoms can you fit inside the circle
- Loopy: use a larger loop for anyone who uses a wheelchair or walking frame.

## Challenge yourself

- Can you solve the problem more quickly?
- Can you find different ways to solve the problem?
- Can you make a new challenge for your friends and family? (Make sure it is safe!)

## What next?



### Try something similar

Problem-solving activities, ropes courses, climbing, mountaineering



### Try something different

Archery, fencing, shooting



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