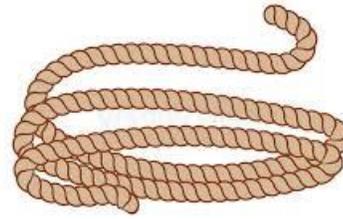


Gross Motor Skills Using Rope



Information: Gross motor skills are large movements of our body, including the movement of our arms, legs and trunk of our body. Using a rope(s) to play can be a fun way to work on our balance and gross motor skills on our own or by playing with a friend(s) 😊

Before you begin...

You will need to have a rope or jump/skipping rope for these activities.

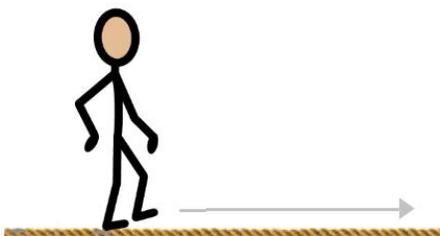
All of the activities in this handout can be played anytime, every day as tolerated!



1. Tandem walk:

Place 6-8 feet length of rope on the floor. Start at one end of the rope. Walk along the rope as if you are walking on a balance beam. When placing one foot in front of the other, try touching the back of your heel of one foot to the front of your toe of the other foot. If you lose your balance, try again! Once you make it to one end of the rope, try walking along the rope backwards.

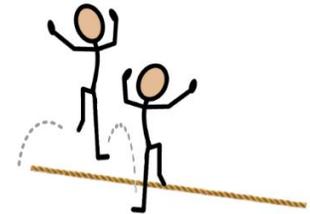
Walk to one end and back up to 10 times. This can be done on a daily basis.



2. Lateral Hop:

Place 6-8 feet of rope on the floor. Start at one end of the rope on one side and hop using the outside leg to get to the other side. Hop off of the other foot to get back to the other side and work your way down to the other end of the rope!

Try going back and forth 3-5 times!



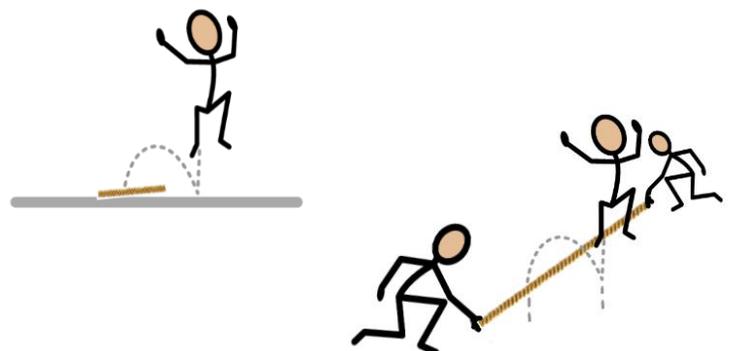
3. High jump:

You will need at least three people to play high jump. Two people hold the rope and the rest of the participants can take turns going under! To start, place the rope on the floor.

Jump over the rope 3-5 times without touching the rope.

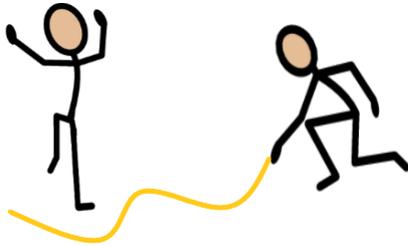
To increase challenge/difficulty, have two people hold the rope a little higher off the ground!

Try to jump over 3-5 times again at different heights to see what you are comfortable with!



4. Snake tag:

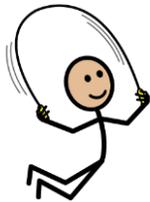
The 'it' player holds the rope at one end and shakes the rope side to side. The rope must be touching the floor at all times. The other player(s) can run away and



5a. Jump Rope (skipping):

For jump rope, you can either use a skipping rope, or a plain rope. Hold the end of the rope in each hand and swing the rope around to jump over.

Try skipping for 30 seconds without stopping!

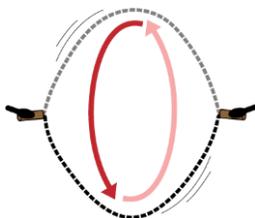


Extra challenge: try skipping backwards for 30 seconds as well!

Advanced jump rope/skipping:

5b. Double Dutch:

You can also play with a couple more friends, where two people are swinging the rope and the third person is the jumper! After 2-3 minutes of jumping, rotate and take turns being the jumper!

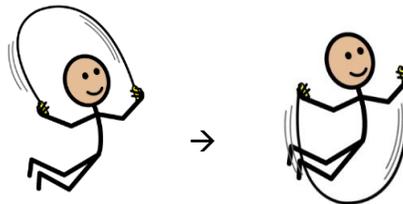


5c. Cross overs:

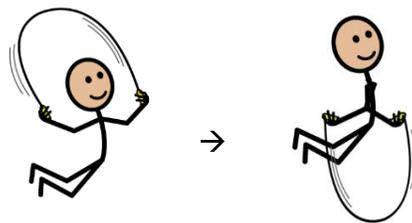
Cross overs are a combination of a regular forward skip and a cross over skip pattern. A cross over skip pattern involves crossing one arm over the other (ie right arm over the left arm) as the rope crosses in front of the body and as we jump over the rope.

Try cross overs for 30 seconds without stopping!

Regular Skip:

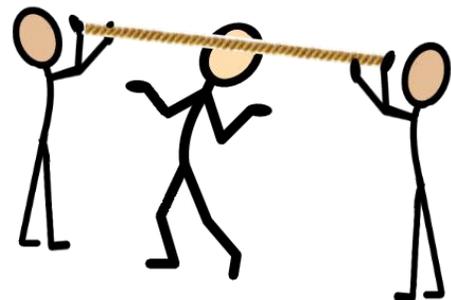


Cross Over:



6. Limbo:

You will need at least three people to play limbo. Two people hold the rope and the rest of the participants can take turns going under! When going under the rope, you must be forward-facing, and you must lean back to get under. Start with the rope high, and slowly lower the level of the rope to make the game more difficult. If you touch the rope you are out for the round and can swap out with a friend to hold the rope. Put on some fun music to limbo to!



If you have any questions, please contact the physiotherapist at MFNERC.