

# Mountain Rescue

---

GRADES 2-8

**SKILLS/OBJECTIVES:** Upper body strength development, team work

**NUMBER OF PLAYERS:** Unlimited; students are arranged in equal-sized groups of threes

**EQUIPMENT:** Each group will need one scooter and a clothesline rope of 30 feet or longer

**HOW TO PLAY:** This activity can be played as a relay, part of a “station” lesson, or simply as a fun challenge. For older students, consider playing with one of the variations described below.

Divide the students into groups of threes. For each team, lay one clothesline rope lengthwise across the basketball court. Position two teammates at one end of the rope; the third teammate lies on his or her stomach on a scooter and holds on the other end of the rope. When ready, one partner at the rope end begins pulling hand over hand, while the other rope partner takes the slack and circles it on the floor. The person on the scooter being rescued cannot use legs, arms, or assist in any way. When successfully pulled over to the two partners, the rescued player switches with one of the rope partners, and now this player has a chance to get “rescued.” Play continues in this fashion until all three players have had chances to be rescued.

**VARIATION:** This activity can be made more challenging by using one puller, one person lying on a carpet square, and one person lying on a scooter who has his or her ankles held by the carpet square player. Another alternative is to have two players lying on scooters (one player holding the ankles of the other) and both being pulled by one player.

