

# Mountain Rope Traversing

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GRADES 2-8

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

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

**EQUIPMENT:** Each team will need 1 clothesline rope (50 feet or longer) and one scooter

**HOW TO PLAY:** As with *Mountain Rescue* (see page 78), this activity can be played as a relay, part of a station lesson, or simply as a fun challenge.

Divide the students into groups of threes. For each group, lay one clothesline rope lengthwise across the gym. Two teammates, one at each end of the rope, pull the rope so there is no slack. The third teammate, lying on a scooter that is positioned over the rope at one end, begins pulling hand over hand to the other side. Once there, he or she changes places with the rope holder who now crosses the gym. Play continues in this fashion until everyone has had a chance at traversing across the gym.

**VARIATIONS:** For added challenge, have the students perform the following activities:

- Have the traversing student lie on his or back while pulling. The rope holders will have to hold the rope over the scooter rather than underneath it.
- Increase the length of the traverse by having the students pull across the gym and back; or increase the length of the rope.

