

Game



Snake Jumping

Objective

The goal of this game is to avoid the snake by jumping over it.

Set-Up

- Divide participants into groups of 5 or 6.
- Have each group form a circle with one participant in the centre holding a skipping rope (i.e. snake).
- The participant in the center places the “snake” (i.e. skipping rope) on the floor and slowly turns in a circle while wiggling the snake.
- Participants on the outside jump over the “snake” each time it swings towards them.
- If someone is not able to jump in time or does not make it over the rope, they switch places with the centre participant.
- Continue for a designated period of time, then switch person in middle if needed (e.g 30-45 seconds).
- Switch groups and play again.

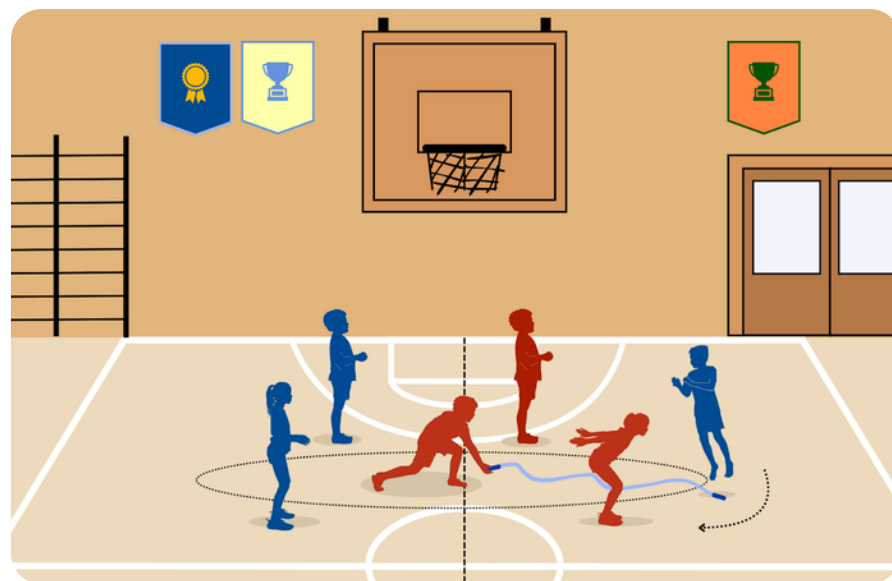
Adaptations and Modifications

- Allow participants to step over the rope.
- Slow down the speed of the rope.
- Allow participants to hop over rope instead of jumping.

Safety

- Spin the rope low and at a safe, consistent speed.
- If possible, use ropes without handles to avoid participants stepping and tripping on them.

Diagram: Snake Jumping



Equipment Skipping ropes

