

## Helicopter

### How to play this game:

The adult/ leader stands with a long skipping rope, it is best if the other end is tied to a fence otherwise get a child to hold the other end. The children form a large circle around the adult/leader. The adult/leader then gently rotates the rope just off the floor. The children take it in turns to move around and jump over the rope. If a child catches their foot in the rope or touches the rope then that child is out or they lose a life. (They could roll up a sleeve to signify the loss of a life.) Often a child will catch the rope just enough to slow the rope down resulting in another child mistiming their jump. It is the child who first catches the rope who loses a life.

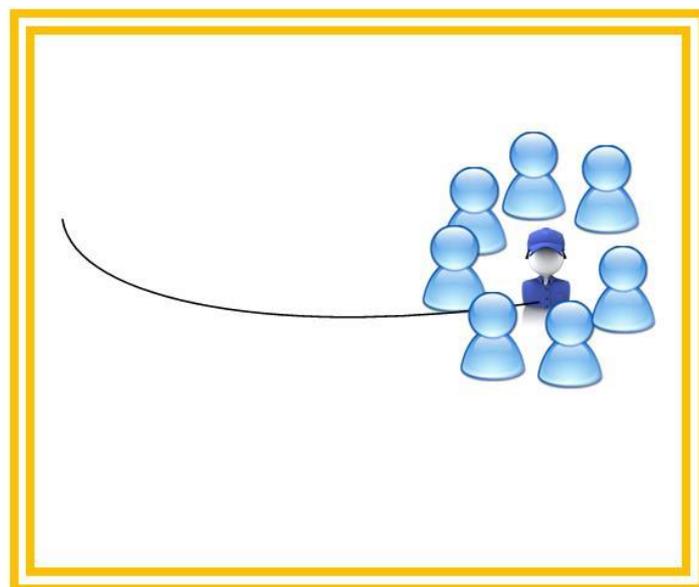
This is a popular game but you need to be careful and it is best to have an adult rotating the rope.

### Adaptations

Change the method of travel, children could have to hop or do a two footed jump over the rope and likewise could have to move around the circle by hopping or walking.

Instead of having the children in a circle set two cones out either side of the rope and the children have to complete a shuttle run from the first cone, over the rope, around the second cone, over the rope again and return to the first cone. To make this more dynamic get children to set off when the person in front of them either gets to the end cone or when they take their first jump over the rope.

If you wish to turn this into a team game set up the game as in the adaptation above and have two sets of cones for the two teams to complete their shuttle relays across. The first team home is the winner.



### Learning Objectives

- Fun warm-up
- Agility and co-ordination
- Taking turns

### Resources

- Activity area
- Large skipping rope