
CHALLENGE CARD

Get a Grip

Equipment

- One 16-foot long cloth rope for each team (can also be done with 8-foot ropes)
- A list of eight shapes or math problems (for math problems, groups use the rope to create the answer to the problem)

Starting Position

Each team will be given its rope and then must space itself evenly along the rope with one hand on the rope. The first teammate holds the rope with the left hand and the next teammate on the opposite side of the rope holds with the right hand. When everyone has a grip, teammates should all face the desired direction of travel.

Our Challenge

The team must be connected by a 16-foot rope. Each teammate is on the opposite side of the rope from the teammate behind and

in front of them. When the instructor gives the predetermined signal, the team must move together around the gym using different locomotor movements until the teacher yells, "Ready." The team will then attempt to make the shape, on the floor or in the air, with its rope.

Rules and Sacrifices

1. Everyone must keep a grip on the rope while moving.
2. Team members may let go of the rope to build their shape.
3. The team must solve the problem correctly as stated by the instructor.
4. Group members cannot use last names or put-downs.
5. If a shape problem is not solved correctly, the instructor may request the team do it again.

ORGANIZER CARD

Get a Grip

Questions

1. Do we all get on the same side of the rope?
2. What do we do when the teacher signals?
3. What do we do when the teacher yells, "ready"?