



## LONG STRAIGHT LINE ACTIVITIES

Equipment: 2 - 2.5 meter ROPE

or Tape on the floor / Line in the sand / Chalk on pavement

### Beginner

- 1 Walk forward along the rope placing one foot in front of the other with arms held out to the side.
- 2 Stand with on the rope. Jump legs apart and together again on the rope. Repeat moving forward.
- 3 Step together sideways along the rope.

### Intermediate

- 4 Walk backwards along the rope placing one foot behind the other with arms held out to the side.
- 5 Jump over the rope from one side to the other with feet together.
- 6 Stand sideways with one leg in front of the rope and one behind. Jump, change legs in the air, to land with opposite leg in front. Repeat moving sideways along the rope.
- 7 Stand behind the rope. Jump forwards and backwards over the rope moving sideways.

### Advanced

- 8 Hop over the rope on one leg from one side to the other moving forwards.
- 9 With legs apart over the rope, jump to cross legs to opposite sides of the rope. Repeat moving forwards.
- 10 Jump over the rope from side to side with feet together moving backwards.



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#### LONG LINE VIDEO



<https://vimeo.com/368647963/40a4d7a932>

Children *love* to move and *need* to move. Teach your early learners to become coordinated, confident & strong!