

TEAMBUILDING

ROPE LETTERBOX

HOW TO PLAY

The group must get from one side of a rope 'letterbox' to the other without touching the rope

4 of your team must get to the other side by travelling **OVER THE TOP OF BOTH ROPES**

4 of your team must get to the other side by travelling **UNDER THE BOTTOM ROPE**

The rest of your team must get to the other side by travelling **THROUGH THE ROPE LETTERBOX**

- You are not allowed in the out of bounds area
- You must not touch the ropes
- You must listen and respond well to team mates
- You are not allowed to use any equipment other than your selves

If any of the above rules are broken you will lose a life, once all lives are lost you must all return to the start position and continue.

SAFETY

Set the rope heights at a manageable level. Carefully manage any lifting.

EQUIPMENT

Rope, 2 poles / trees / attachment points.
Matting underneath

S.T.E.P.

Space: Lower/Higher ropes
Time/Task: Set a time limit, give more lives
Equipment: Blindfold some
People: Choose which people do which challenge

English	Maths	PE
EN2/1a	MA2/3.3b	PE2/1.1c



Title

What the group have to do


How to run the activity

Some pointers to help with your risk managing

What equipment you will need

Suggestions on how you could adapt the activity to meet differing needs

This gives some suggestions of NC links - with some differentiation many more could be met. It is a starting point.



ROPE TRIANGLE

HOW TO PLAY

4 of your team must get to the other side by travelling **OVER THE TOP OF BOTH ROPES**

4 of your team must get to the other side by travelling **UNDER THE BOTTOM ROPE**

The rest of your team must get to the other side by travelling THROUGH THE ROPE LETTERBOX

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