

# Jogo das Andas

(Stilts)

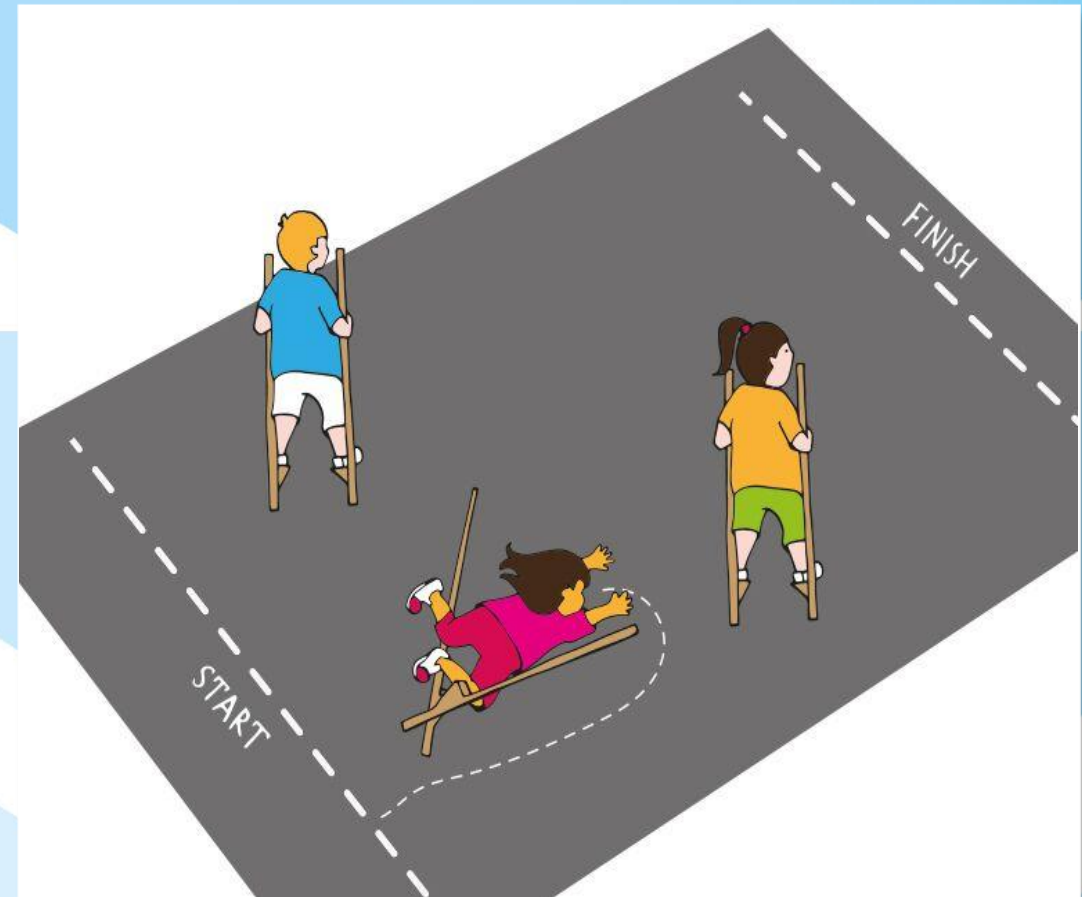


**Aim of the game:** To walk on stilts as long and fast as possible, from the start to the finish line.

**Set up:** Draw starting and finish lines on a large, outdoor open space. The two lines should be 10 to 50 meters away from each other.

## Rules:

Once given the starting signal (verbal/visual sign), all participants walk on stilts as fast as possible to reach the finish line. The winner is the one who reaches the finish line first. Any player who, in the course of the race, falls down, must get back to the starting line to start the race again.



## Equipment and Materials:

Sets of stilts. Normally the feet will rest 30 cm above the ground.

## Age:

10 - 65

## Number of players:

Unlimited

## Duration:

Unlimited

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## Let's Inklusivize TSG!

### Teaching Style

1. Provide clear and simple instruction
2. Complete a walk through the playing area
3. Practice walking on stilts before introducing the game
4. Safety instructions to be tailored to the environment and participants playing the game

### Equipment

1. Use different stilts (length), other equipment to move with
2. Audible equipment can be used ( e.g. bells on stilts so can be heard moving)

### Rules

1. Allow to touch the ground several times (depending on the skills of the person)
2. Walk backwards
3. Introduce a time limit to the game
4. Introduce game as a team activity: relay - all team members have to complete the race

### Environment

1. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles
2. Increase/decrease the distance of race

