

Brambahl

(Traditional Rope Skipping)



Aim of the game: Rope skipping while performing activities

Set up: Use any free space

Rules:

- Two players hold a long rope at each end to swing it.
- When it is swinging, the skipper steps in and performs several activities while skipping, until s/he makes a mistake.
- The next player then starts.



Equipment and Materials: Rope (4 – 6 meters long)

Age:
10+

Number of players:
4 - 8

Duration:
Infinite

Brambahl

(Traditional Rope Skipping)



Let's Inclusivize TSG!

Teaching Style

1. Provide clear and simple instructions
2. Encourage players to communicate throughout the game
3. Safety instructions to be tailored to the environment and participants playing the game.
4. Help people with disabilities make contact and move, if needed

Equipment

N/A

Rules

1. Do only Rope skipping
2. Introduce compulsory movements / activities
3. Swing the rope slower / faster

Environment

N/A

