

## Title of the activity : Jump over one

**For who** : 6+  
**Duration** : 10 mn  
**Number of players** : min 6  
**Place** : inside/outside

**Characteristic** :  
-cheap  
- without material

**Type of game** : rythm concentration game

**Educational interest** :  
-rythl concentration, finding limits

**Materials** :  
- nothing

**Goal** : GET SILENCE - rhythm concentration game "jump over one" using hand-leg coordination. Game more focused on the individual persons. Finding their own limits. Reflection.

**Method** : Participants stand in a circle. Each has 2 feet (Left, Right). The game consists in sending a signal around the circle - the effect - stamp ground. This signal goes in the beginning slowly and easy - when sending right: L1 - P1 - L2 - P2 - L3 .... Then change the scheme. Always one leg "is jumped over" and then we return back to it. Thus - over one, one back, one over, one back: L1 - L2 - P1 - P2 - L2 - L3 - P2 - P3 ...  
In the next level are added between the legs also hands - on the ground, various variations, crossover, skipping etc.

**Link or picture** :

