



## TUG OF WAR (WITHOUT A ROPE)

**Number of players:** 2-40+

**Space:** Some open space

**Materials needed:** None

**Procedure:**

Players pair off in twos. One at a time, each player tries to pull the other over a designated centerline, exactly as in playground tug of war. Here, however, the rope is not visible but made out of “thin air” by using pantomime techniques and imagination. Ask players to “pick a partner of equal strength.” Encourage a cooperative rather than competitive atmosphere, where both players work together to create the illusion of a well-matched contest. Pairs can play simultaneously or one at a time as others observe and comment.

**Possible side coaching:**

“Feel the rope. How heavy is it?” “Let the rope move in your hands.” “Keep the rope between you!” “Use your full body to pull—your back, your feet, and your legs!” “Stay on the same rope!” “Keep the rope in your hands and not in your head.”

**Variations:**

After game has been played by several pairs, add more and more players to both ends of the rope until the entire group is involved.

**Possible learning areas:**

Develop spatial awareness, explore cause and effect relationships, strengthen sense of manipulating imaginary objects in space through use of pantomime, develop body awareness and coordination, stress cooperation and nonverbal communication.

**Source:** Viola Spolin