



Erasmus+



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environment,
save your future



TITLE: ELASTIC BAND

OBJETIVES:

- To know different popular and traditional games and put them into practice
- To enjoy the game with respect of others, valuing the game for use in free time

MATERIAL: An elastic band

The elastic band is a traditional game, which consist in doing a series of rhythmic jumps on an elastic band, of about 4 meters long, joint at each end.

How to play

Two children stand at each end holding the elastic band, the legs are open so there is a space in the middle for jumping. Then a child or a few children have to perform certain exercises which can be accompanied to the rhythm of songs.

STEP 1: do a knot at the elastic band extremes and them two children stand at each end of the band wrapped round the ankles or underneath the knees.



STEP 2: a song is sung at the same time that you play

Song: DON MELITÓN

<https://www.youtube.com/watch?v=UmxRPWHh2Cg>

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STEP 3: If you make a mistake you can change partners and you can also change partners when you finish the game.

DON MELITÓN GAME:

<https://www.youtube.com/watch?v=PKXafsBHy-I>

CALIPO

<https://www.youtube.com/watch?v=Wice2negXM0>