



Turnstyle

Supplies:

- Rope long enough for your group to jump several people at a time

Directions:

This process is set up to build on the skills developed in each level, leading to a very challenging level. If you are working with groups in schools or camps where your sessions are shorter, this is one that you can stretch out over several sessions.

Level One: have 2 people turn the rope. The challenge for this level is to get the entire group through the turning rope (jumping not necessary) without the rope touching anyone. If the rope touches anyone, all must come back to the starting point.

Level Two A: You must enter the rope with at least one other person and jump the rope at least one time before exiting. Starting over will be caused by entering alone, the rope touching someone, or not jumping. This time, if you and your jumping group get through without touching and meeting the other expectations, you are safe and do not need to return. Only the jumping group impacted by the infraction needs to return to the starting point.

Level Two B: The same as Two A except everyone starts over, if there is an infraction.

Level Three: the first person jumps 1 time, second person 2 times, third person 3 times, fourth person 4 times, fifth person 5 times sixth person 4 times and so forth eg 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3...

There can only be one empty revolution of the rope between jumpers. So, starting over for the whole group happens if the rope touches someone, someone jumps the wrong number of time, or there is more than one empty revolution of the rope between jumpers.

Facilitation notes:

This level is tough and requires a great deal of focus and concentration from the group, and a great deal of patience from the facilitators.

If you have a group where there are several people who struggle with the jumping aspect, you can add a zero in the jumping sequence – to help relieve some of the pressure.

If using the whole process, it works well with groups of 12 to 40. Levels one and two can be accomplished by groups of more than 100. If your group is larger than 40 it may be wise to use two ropes and let the group go through either one.

Debriefing:

There are many opportunities for debrief in this activity. If the group is struggling to figure out how to get the group through any of the levels, take a minute when they must start over and help them look at what's working and what's not, and give them a chance to throw out some ideas. It's an opportunity to empower them to plan amongst themselves.

When they are moving on to the next level, again take time to have them look at their process and determine what they want to carry forward into the next level.