

# Titre du jeu : Tug of war

**Type** : jeu de force

**Niveau** : cycle 2-cycle 3

## Compétences

### Activités langagières et capacités LV :

#### **Comprendre, réagir et parler en interaction orale**

- s'encourager

#### **Comprendre à l'oral :**

- comprendre les encouragements

### Compétences spécifiques à l' EPS

- coordination

### Compétences sociales et civiques

- respecter les règles du jeu

## Prérequis

Chaque équipe aura choisi un nom d'équipe.

## Lexique et structures mis en jeu

### Lexique :

- **Mots** : les noms des équipes qui auront été choisis en amont
- **Structures langagières** : come on + the name of the team!  
go + the name of the team!

## Lieu de l'activité

cour ✓

préau ✓

gymnase ✓

salle de motricité ✓

stade / terrain herbeux ✓

## Organisation

**Organisation du groupe classe** : les élèves sont placés en lignes les uns derrière les autres, les deux équipes se faisant face, et tiennent la corde dans leurs mains

**Durée du jeu** : 5 à 10 minutes

## Material

One long and strong rope and a judge

## Rules of the game

The aim of the game

For each team the goal is to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game. The tug of war competition requires a judge.

### **And now tips to win 'tug of war'**

#### **To maximize your team's strength**

Put the strongest person in the back so that he can use his strength the most and will have the least chance of slipping. You can put the strongest person in the back while keeping one of the other strong players up front. In general, you should mix up your weakest and strongest players so you don't have a row of several weak players keeping you down. If each end of your rope has a loop to place a player in, then your strongest player should go into the loop.

#### **To get in the right position**

Keep your arms and body almost straight as you lean backwards with your upper body while planting your feet into the ground, using both of your legs as anchors. Pretend like you're sitting back into a seat

that is very reclined. Your feet should be positioned a little wider than shoulder width apart. You and your teammates will all be positioned on one side of the rope, with your arms gripping the rope from both sides.

**Take small steps backward**

Everyone should move in small baby steps so that both of the strongest muscles in the body (the thighs) can keep the rope on their side. If you take huge steps, you'll be much more likely to fall or trip. If you feel that your team is really beginning to dominate, you can do the power walk, by slowly walking backward sideways, with your chest facing the other side of the rope.

**Push back with your legs as much as you can**

Use all your leg muscles; arms should be locked out; don't waste energy trying to pull with your arms or you will quickly run out of energy and will lose your grip. As you slowly walk backwards with your feet, rotate your shoulders backward slightly as you inch your arms and legs backwards.

**Use teamwork**

Everyone should pull at the same time. This will generate the maximum amount of force that your team is supposedly capable of. Much like a dragon boat team, a good fluid and coordinated motion can easily propel "the boat", which in this case the opposing team forward.

**Keep practicing**

It may take a while for your team to find a winning rhythm. As you practice together more as a team, you will find the best coordination and the best order of team members that will lead to your success.