

EduTrend Contents

G4C · TRADITIONAL AND PLAYGROUND GAMES · PRIMARY

Tug of War

A strength and teamwork game with a careful safety briefing and matched teams

Ages 7–10	Level: Developing	30 minutes	Two teams of 4–8 · up to 16	Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Tug of War

Two teams of four to eight, matched roughly for size, hold a thick, soft rope with no loops. A ribbon marks the centre, with chalk lines two metres apart on grass. Teams hold the rope with both hands, never wrapping it round a hand or body. On go, teams pull; the first to bring the ribbon over their own line wins the round. Best of three, swapping ends each round.

Learning outcomes

By the end of the session pupils can:

- use whole-body strength safely;
- work together with timing;
- follow a safety briefing;
- win and lose well.

KEY WORDS

pull · grip · team · timing · safety · fair

CURRICULUM LINKS

PE: strength and teamwork. Science: forces. PSHE: fair play.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (whole group)

- Thick, soft rope with no loops
- Ribbon for the centre
- Chalk or cones for lines
- Worksheets 1, 2 and 3

Before the session

- Check the rope for damage.
- Choose soft grass.
- Match teams by size.
- Plan the safety briefing.

SAFETY

Never wrap the rope round hands or body. Soft grass only. Stop on the whistle; let go slowly, not suddenly.

ACTIVITY 02 · SESSION PLAN

Step by step

Spend the first minutes on the safety briefing and a slow practice pull.

Time	What happens	Say or ask
0–5 min **Warm up**	Arm and leg warm-up.	*"Where do we pull from?"*
5–10 min **Safety briefing**	Grip, stance, stop signal.	*"What must you never do?"*
10–25 min **Play**	Best of three, swapping ends.	*"What helped your team pull together?"*
25–30 min **Cool down**	Stretch and share.	*"How did you win or lose well?"*

CHALLENGE CARD (print or copy onto the board)

Pull together as one team, using timing and safe technique, to bring the ribbon over your line.

ACTIVITY 02 · FACILITATOR NOTES

The game know-how in brief

Tug of war is about forces: the team that applies the larger pulling force wins; leaning back and pushing through the legs helps.

Pulling in time together makes a team stronger than individuals pulling at different moments.

Common ideas to listen for

- “Wrapping the rope gives a better grip.” It is dangerous.
- “The strongest person wins it.” Timing matters.
- “Letting go suddenly is funny.” It causes falls.

Adapting the activity

Support

Use a shorter rope and smaller teams.

Stretch

Add a rhythm call such as “heave” to time pulls.

WORKSHEET 1

Round results

Name: _____ Class: _____ Date: _____

Record each round.

Round results

Round	Winner	What helped
1		
2		
3		

WORKSHEET 2

Safety check

Tick before you pull.

Safety check

Rule	Understood
Both hands on rope	
No wrapping	
Feet apart, lean back	
Stop on whistle	

WORKSHEET 3

Forces and teamwork

Explain.

Our team pulled best when...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Follows safety rules	Pulls in time	Wins and loses well

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Tug of War is a sample activity from the EduTrend Contents G4C Traditional and Playground Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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