

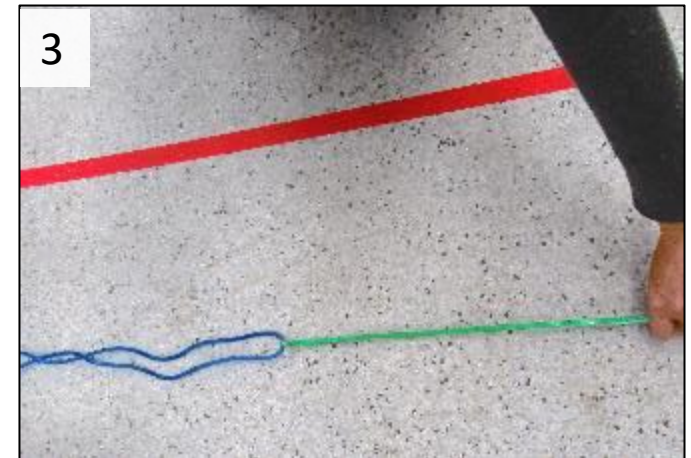
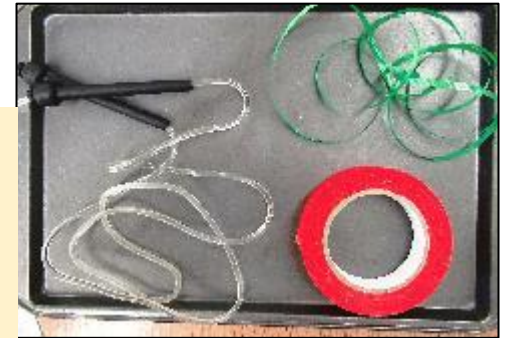
## GROSS MOTOR ACTIVITY

# Tug a War

### Steps:

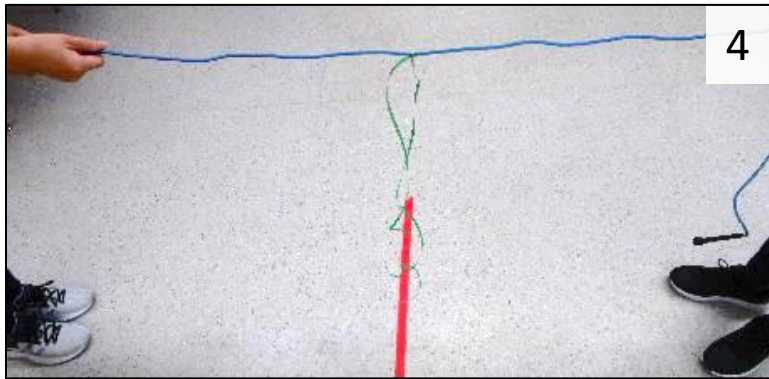
#### What you need:

- Scissors
- Coloured String
- Masking Tape

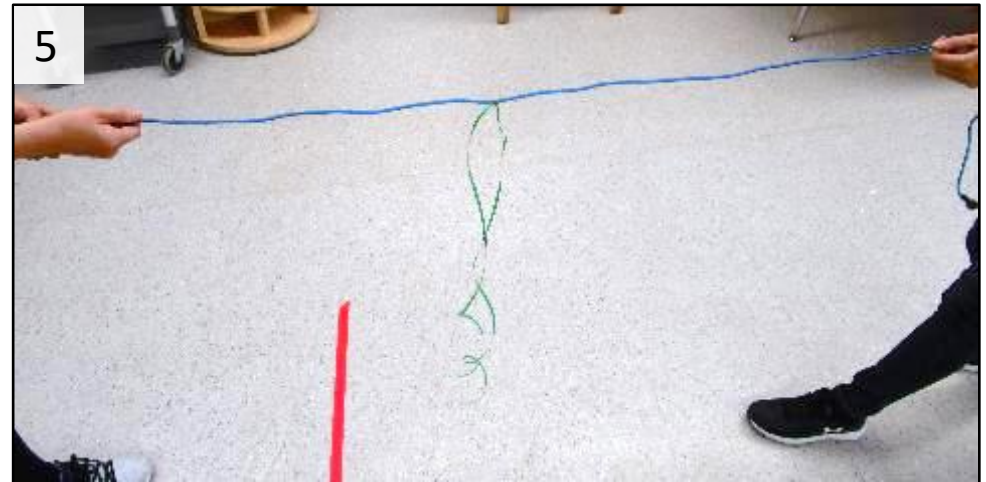


1. Place a line of masking tape on the floor to mark the middle point between the two people playing tug a war.

2, 3. Tie a different coloured string in the centre of the longer cut string.



4, 5. With your child, stand on each side of the string and tug, trying to bring the centre marking string across to your side of the tape.



Encourage your child to bend their knees, using their arm strength to pull at the string.