

# MUSICAL CHAIRS “el juego de la silla” ES

## 1. Participants and materials



To play the game of musical chairs, you need:

➡ 2 or more players.

➡ A number of chairs equal to or greater than the number of players, minus one chair.

For example, if there are 10 players, 9 chairs should be placed.

➡ The objective of the game is to be the last player sitting in the last chair.



### SPACE FOR THE GAME OF MUSICAL CHAIRS

To play musical chairs, you need a large space where the players can move and dance around the chairs.

This space should be enough for all participants to turn and find a chair without difficulty.

In general, an area of at least 10 meters wide and 10 meters deep is recommended to make the game dynamic and exciting.



## 2. Game preparation



Before the game starts the chairs need to be placed in a circle in the middle of the playing area, with the chairs turned outward. There must be one less chair than the number of players.

When the chairs are set up, everyone stands around the circle, making sure there is enough space between them to move around the chairs. The person in charge of the music gets everything ready. When everyone is prepared, the game is ready to begin.



## 3. Gameplay and Rules



The game begins with the chairs arranged in a circle facing outward, with one fewer chair than the total number of players

- When the music plays: Players must walk or dance in a circle around the chairs. They are not allowed to touch the chairs or stop moving while the music is active
- What the players must do: Everyone must stay alert and keep a steady pace. The goal is to stay as close to the chairs as possible without breaking the flow of the circle
- When the music stops: Every player must immediately try to sit on the nearest available chair. Since there is one chair missing, the player left standing is eliminated from the game



To continue the game: One chair is removed, the music starts again, and the process repeats until only two players and one chair remain. The last person to sit down in the final round is the winner!

## 4. The end and the winner



Whoever is left without a chair loses.

Then one chair is removed, the circle is rearranged, and the music starts again. The game is repeated until the last round is played with only one chair and two players.

**The winner is the one left sitting on the last chair.**





# „ROPE SKIPPING”



## „SKÁKÁNÍ PŘES GUMU”

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### Starting the Game

- The elastic starts at ankle height.
- The jumper stands outside the elastic.



### Jumping Sequence (example)

The jumper performs the agreed sequence of jumps in order:

1. Jump inside the elastic (between the two bands).
2. Jump outside the elastic.
3. Jump with legs apart, landing one foot on each elastic band.
4. Jump out of the elastic.

The whole sequence must be completed without mistakes.



### Making a Mistake

A player makes a mistake if they:

- Step incorrectly (for example, on the elastic instead of the ground).
- Trip or touch the elastic the wrong way.
- Forget the order of the jumps.

After a mistake, the jumper switches places with one of the holders.



### Increasing Difficulty

If the jumper completes the sequence successfully:

- The elastic is raised higher:
  - ankles → knees → waist → underarms
- The same sequence is repeated at each level.



### End of the Game

- The game ends when players decide to stop or when no one can complete the next level.
- The winner is the player who reaches the highest level without making a mistake.



### Preparation

- Take a long elastic band and tie it into a loop
- Two players put the elastic around their legs and stand facing each other
- The third player is the jumper