



## Have a tug-of-war in your unit



Have a tug-of-war in your unit. Which team is the strongest?

### Activity Type



#### Age

5 - 7  
7 - 11  
14 - 18

### Time



#### Equipment

Long Skipping Rope

### Environment



#### Subject

History  
P.E.

### Price



#### Soft Skills

Communication  
Gross Motor Skills  
Leadership  
Teamwork

