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[Traditional Chinese jump ropes](#) are strings of rubber bands tied together, but today many varieties of commercial rope exist. Two players face each other standing 9 feet (3 m) apart, and position the rope around their ankles so that it is taut.

[Chinese jump rope - Wikipedia](#): en.wikipedia : wiki : Chinese_jump_rope

[Raccoon Circle](#) (webbing or rope) Place either a piece of webbing or a rope tied in a circle on the ground. Tell group that everyone must get out from under the circle without using their hands. Give group time to form a strategy.

[Icebreakers, Team Builders and Debrief Activities Supplement](#): health.mo : living : families : adolescent health : pdf : icebreakers-en...

[História e a rivalidade entre Roma e Napoli](#); uma longa e apaixonada disputa entre dois times de futebol italianos com histórias ricas e base de fãs apaixonados. A Roma representa o centro da Itália, enquanto o Napoli representa o sul, tornando a partida ainda mais emocionante e carregada.

[História do Clube](#): Fundação