

Video Zone: A Double Dutch brain game – exercises

Can you skip or 'jump rope' as they call it in the USA? Are you good at observing things that happen around you? This video will test how observant you are and it will also show you some amazing Double Dutch skipping.

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- | | | | |
|--------|---------------|----|---|
| 1..... | spatial | a. | particularly |
| 2..... | off the chart | b. | keep a record |
| 3..... | specifically | c. | changed |
| 4..... | strolled | d. | relating to the position, area and size of things |
| 5..... | awareness | e. | at a very high level |
| 6..... | distract | f. | knowledge |
| 7..... | swapped | g. | walked |
| 8..... | keep track | h. | draw away |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

- The Double Dutch brain game specifically tests ...
a. your spatial awareness. b. your eyesight. c. your knowledge.
- In the Double Dutch brain game you need to keep track of the girls in ...
a. red. b. blue. c. green.
- How many times did the girls in green T-shirts jump?
a. 36 b. 38 c. 48
- What percentage of the test audience agreed?
a. 30% b. 40% c. 60%

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5. What walked through the middle of the set while the Double Dutch team were jumping?
a. A chicken b. A camel c. A duck
6. Why was the giant chicken doing a funky dance?
a. To amuse you b. To make you laugh c. To distract you
7. The back wall changed from ...
a. bright red to bright blue. b. bright blue to bright red. c. bright purple to bright red.
8. The Double Dutch rope turners ...
a. stopped jumping. b. swapped T-shirts. c. swapped places.

Discussion

Have you got good spatial awareness?

Did you spot the chicken?!

I think that ...

I'm not sure that ... but ...

Vocabulary Box

Write any new words you have learnt in this lesson.