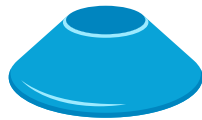


CONES!!! AND CONES ONLY....



PHYSICAL ACTIVITY GAME CARDS

EQUIPMENT INCLUDED FOR USE:



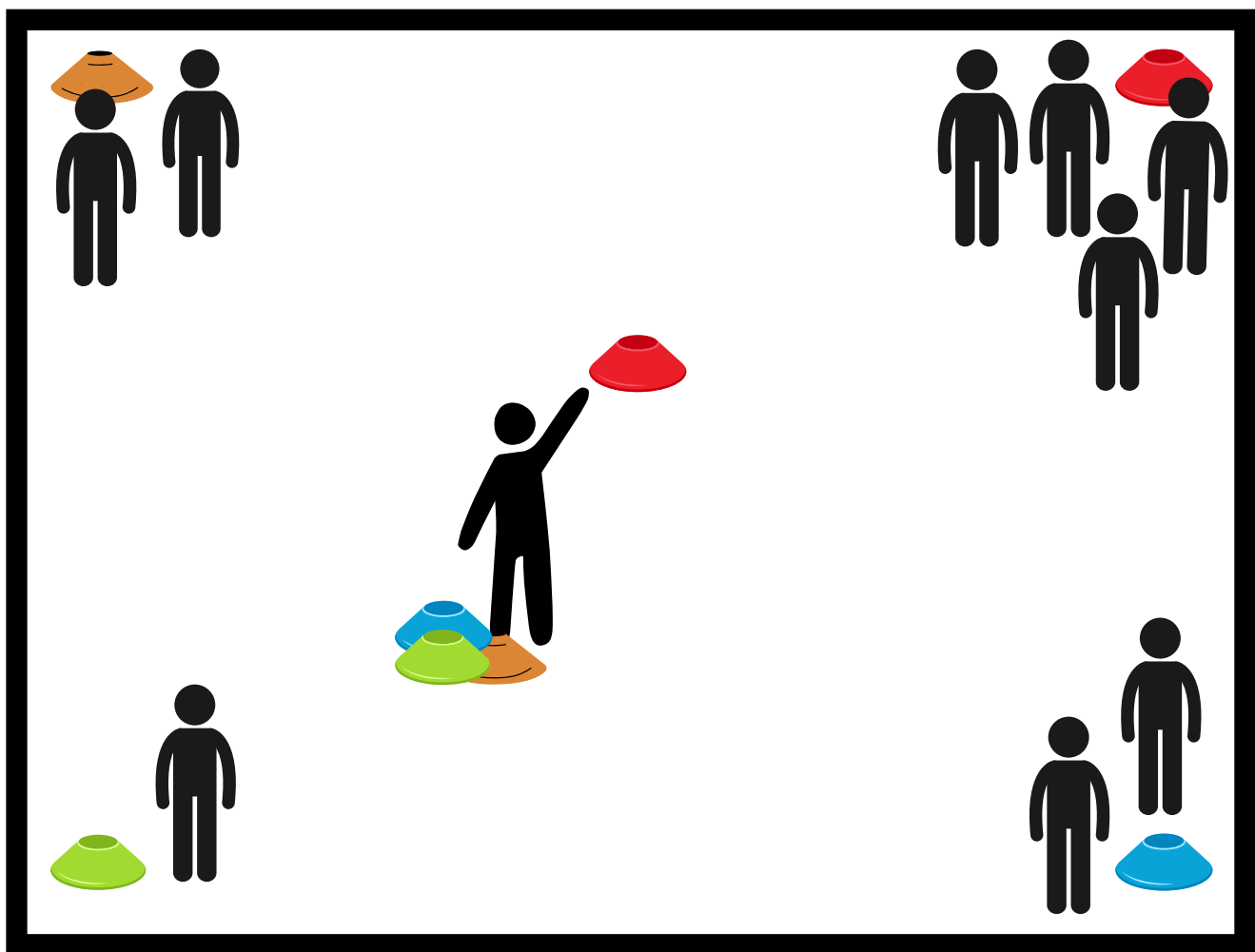
HOW TO USE THIS RESOURCE:

- These activity cards have been designed to be used in conjunction with minimal equipment and only require cones.
- Some of the games require no equipment at all.
- All activities can be played on a flat surface of varying surfaces, bitumen, concrete, grass etc.
- Some of the games have a nominated 'winner' however all games can remove this competitive element if needed.
- These games are great for Primary and Secondary PE warm ups and some can also be used in an Active Classroom for Brain Breaks.

4 CORNERS



4 x Different coloured cones for outside
4 x Different coloured cones for the
middle



HOW TO PLAY:

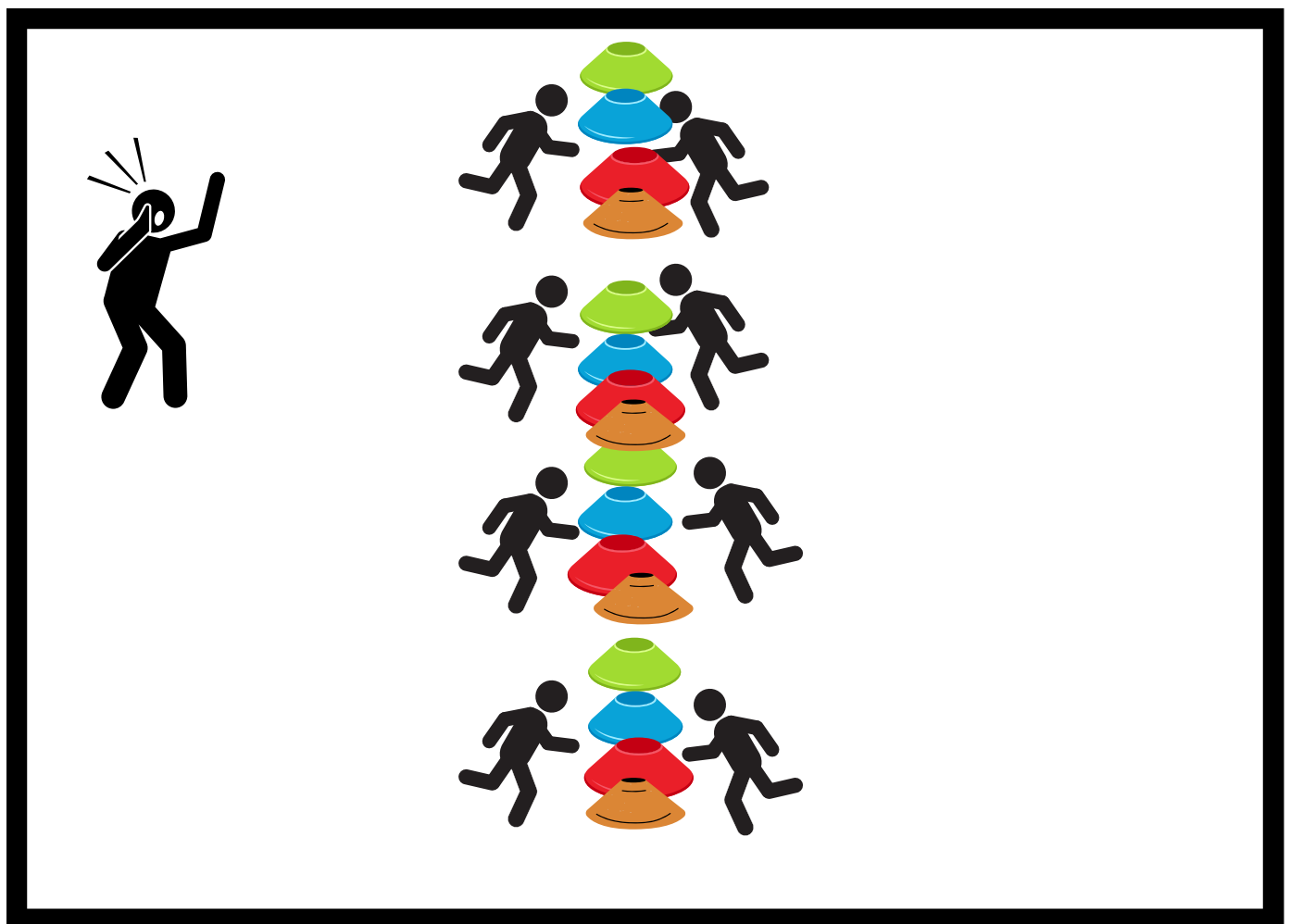
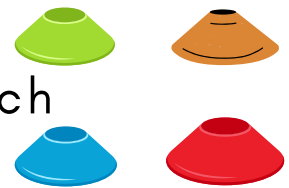
***Suitable for any number of students**

1. Cones are placed in the four corners of the playing area.
2. Students move to the cone they think will be randomly picked.
3. Teacher without looking, selects one of the four cones from the middle set.
4. The colour will match one of the corners.
5. The students in that corner receive a point and next round begins
6. Teacher to vary to movements between calls. Can be walking, jogging, skipping, running, hopping.

Student with the most points at the end of the game is the winner.

CONE CALL

A set of four different colour cones each partner

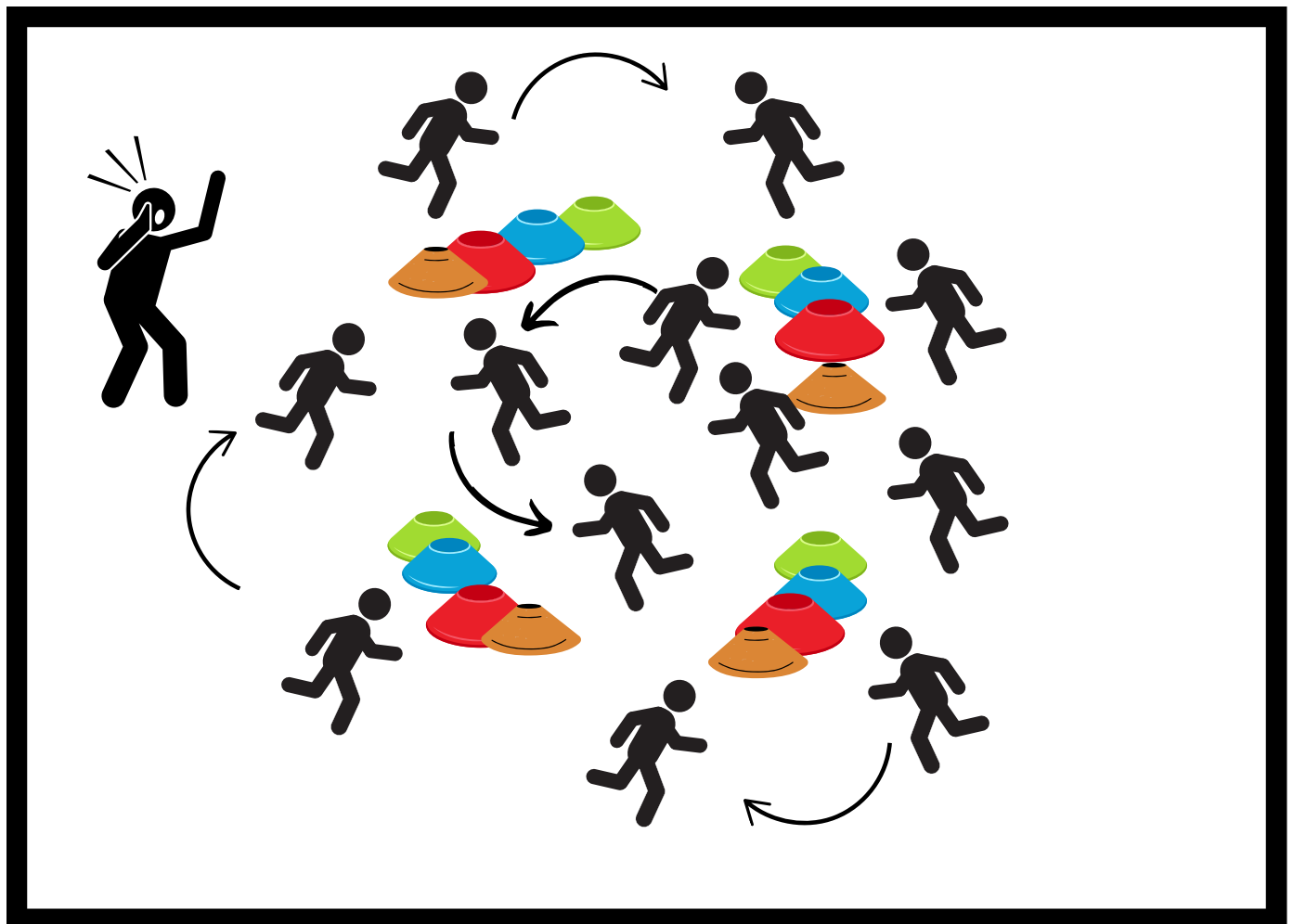
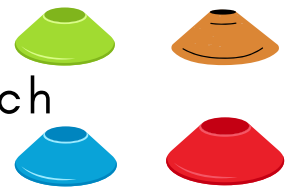


HOW TO PLAY:

1. Pairs are lined up facing one another with a set of four cones in between.
1. Teacher calls out various commands, eg - “heads” “hip” “knees” then a specific coloured cone and the first partner to grab that cone away receives a point.

CONE CALL CIRCLE

A set of four different colour cones each partner



HOW TO PLAY:

**Extension on previous game

1. Players start with a partner and form two circles, one player in the inside circle going anti clockwise and one player in the outside circle going clockwise.
2. Teacher calls out various commands, eg - “heads” “hip” “knees” as well as calling out “right” and “left” this means that players will need to side step in the direction that is called.
3. When the cone colour is called the first partner to grab that cone away receives a point.

**This adds an extra element of thinking and working with new partners.

COLOUR TOWER



A set of four different colour cones each partner

One white cone in the middle of the partnership



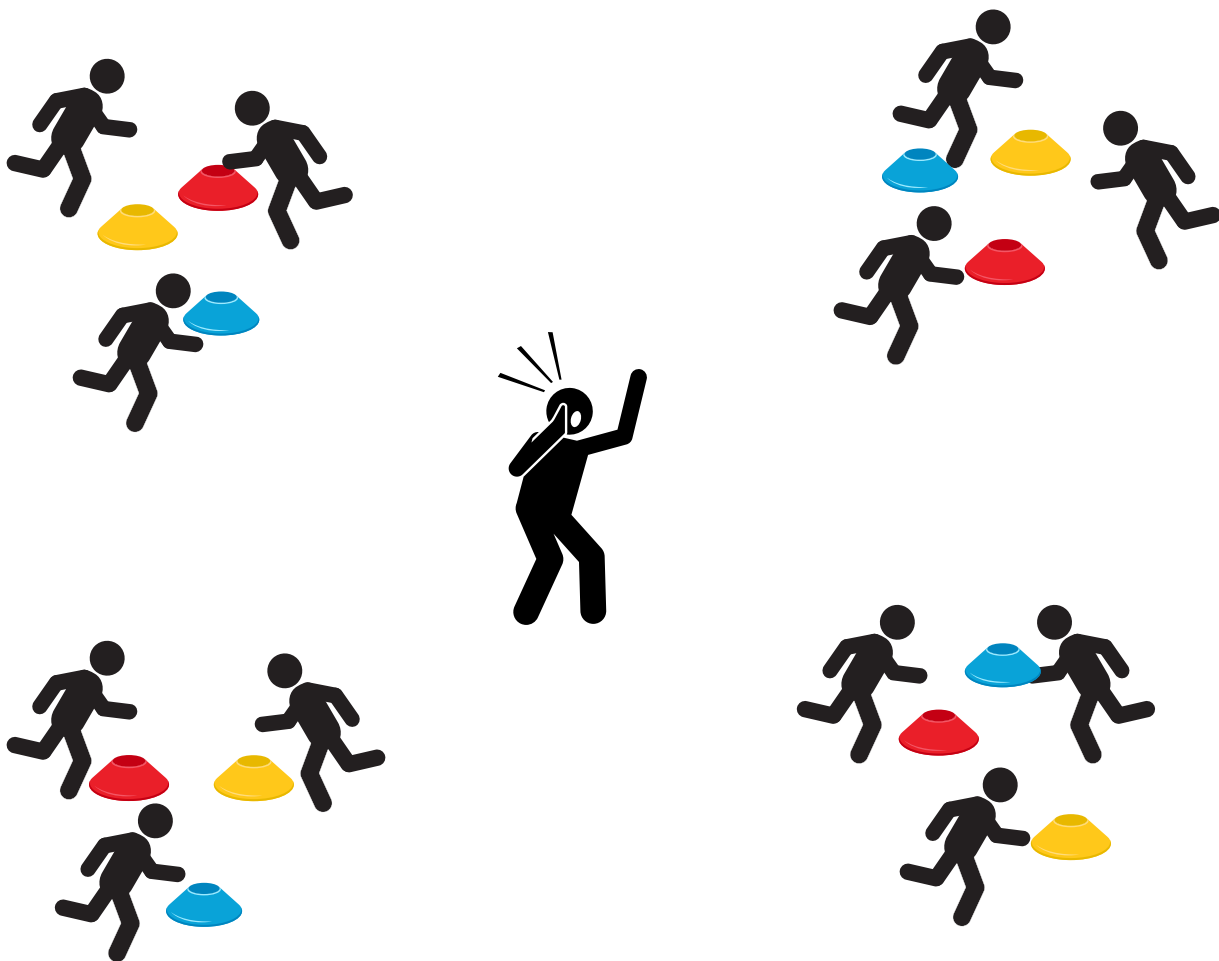
HOW TO PLAY:

1. Students each have a set of four cones. (Optional if students are in a plank position or not)
2. Students follow teachers command of colour sequence. Eg - Teacher will call "blue and green" which will means that the player will need to stack the cones with the bottom cone being 'blue' and the top cone needs to be 'green.'
3. Teacher will vary the colour sequencing.
4. Extension = the first player to stack their cones in the correct sequence grabs the white cone and stands up
5. Points can be offered when correct sequencing occurs and then when white cone is taken.

CONE TAG



A set of three cones with a set of three players



HOW TO PLAY:

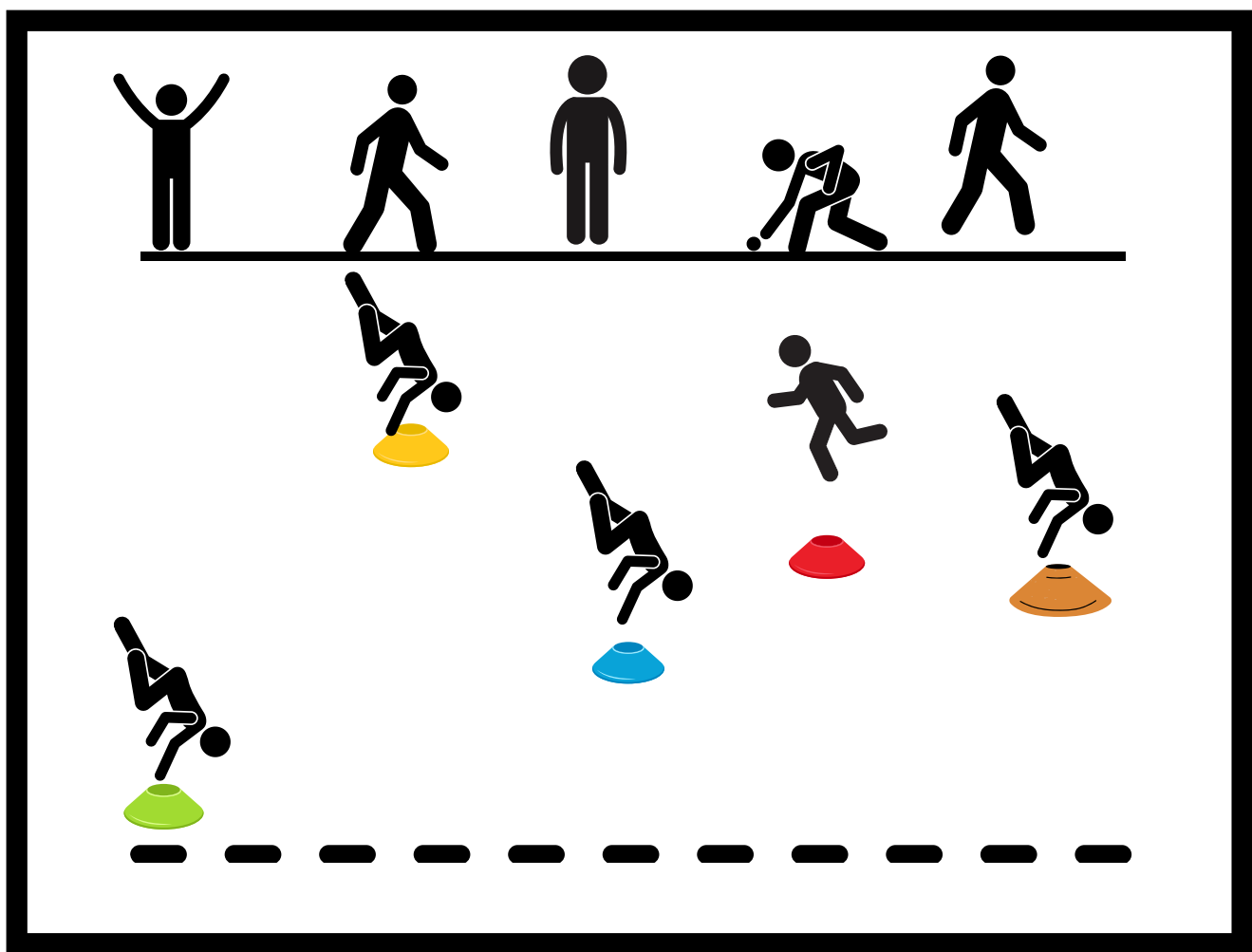
1. Players are in groups of three and have three different colour cones per group.
2. Players side step/move around the triangle cones set up.
3. Teacher can call "change" in which players can change the direction of travel around the cones.
4. Players need to specifically move from cone to cone.
5. When the teacher calls a coloured cone, the person on or closest to that cone has ten seconds to tag another member in the group.

CENTIPEDE

EQUIPMENT REQUIRED:



One cone per pair



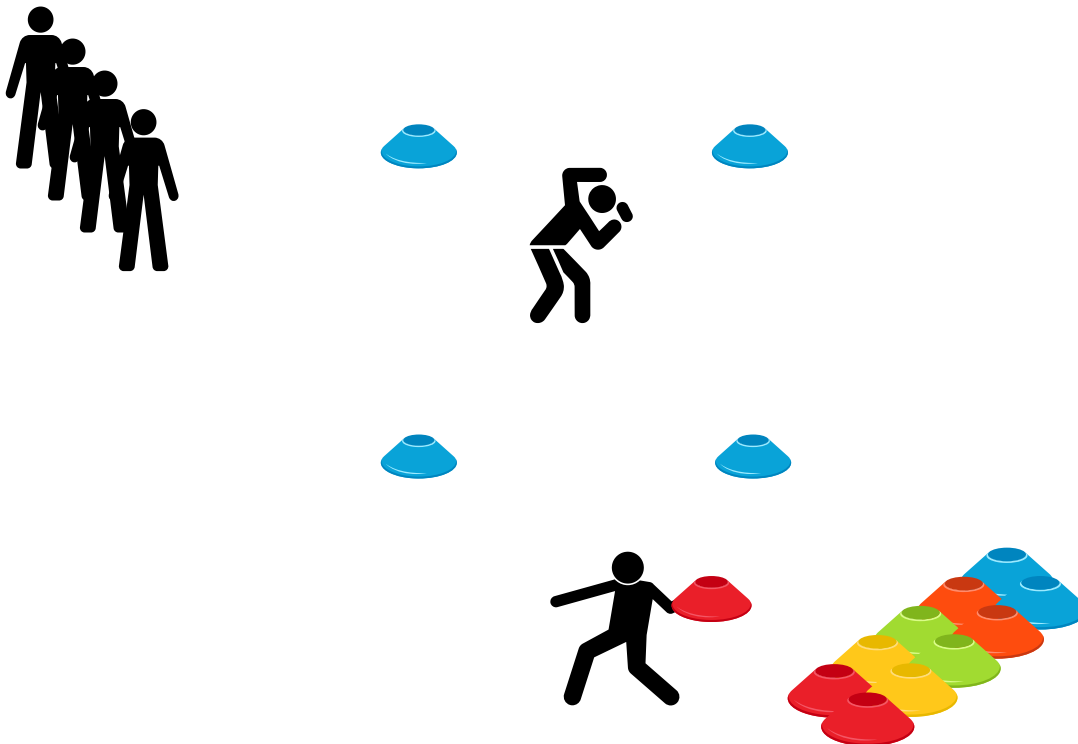
HOW TO PLAY:

1. Line up with your partner behind a line, this is a relay race.
2. One person crawls the cone out as far as they can from the starting line. Then returns to the starting line.
3. The next person places their feet at the cone and then crawls out with the cone and drops it as far out as they can crawl it out. Then runs back and tags their partner.
4. Continue crawling cone out in front, using the cone as the marker for the players feet until you reach an end point.
5. This may continue to relay to a line and then loop back to the start.
6. This warm up game could also be played with three in a team, to give players more rest.

FLYING BIRDS



4 x Cones to mark a small (2x2m square)
Lots of cones



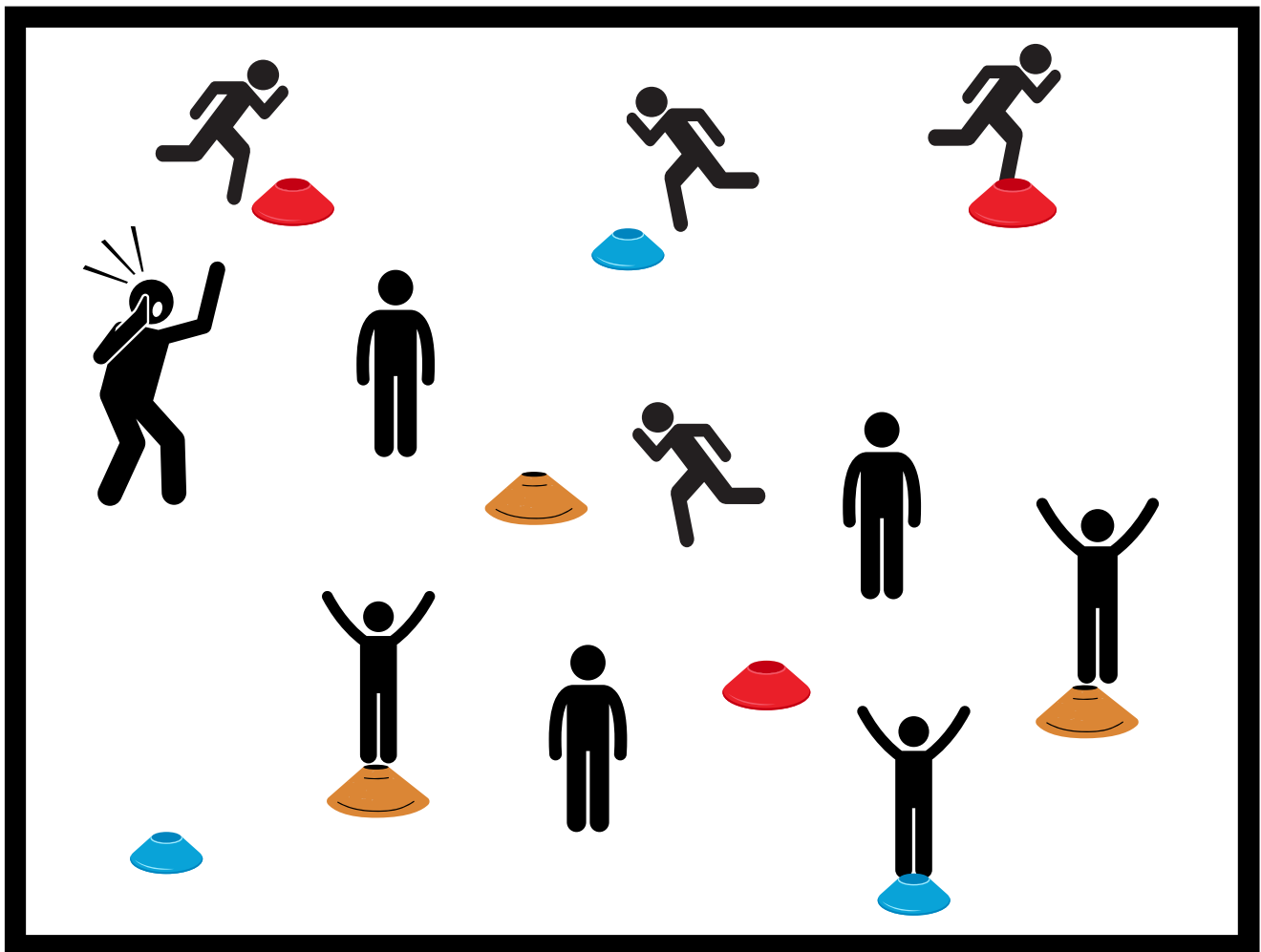
HOW TO PLAY:

1. Safety a big priority here - possibly advanced students only.
2. Mark an area of approx. 2m x2m for the playing space, one player stands inside the playing space and avoids the “flying birds”
3. The teacher is throwing the cones in (frisbee style) for the player to react and avoid getting hit by the flying cones.
4. This game is good for scanning and visual reaction as well as fast feet and co-ordination.

MUSICAL CONES



As many cones or poly dots as there are people playing.



HOW TO PLAY:

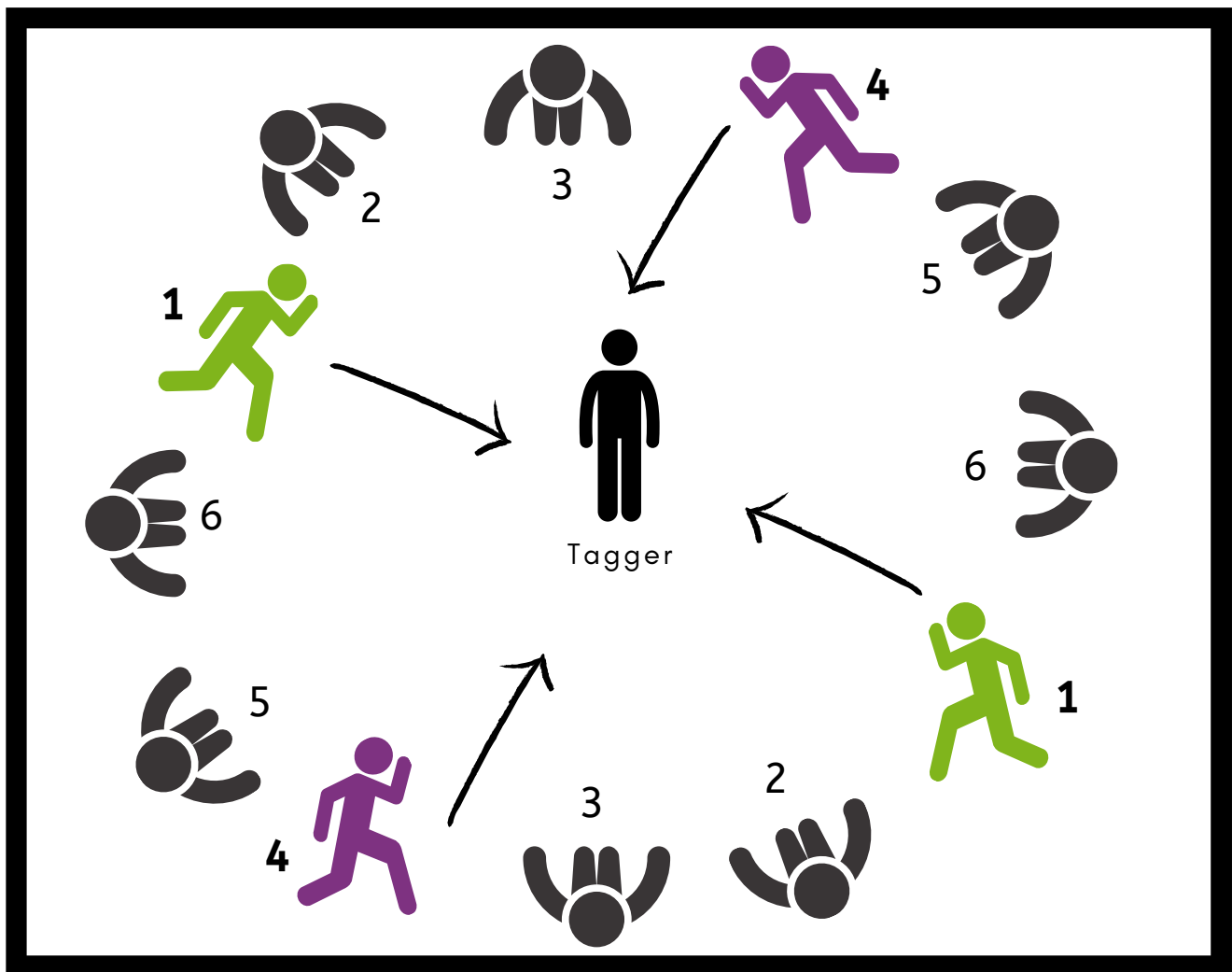
1. Cones/dots are placed around the playing area, one per student.
2. Students move around in the way the teacher nominates, hopping, skipping, jogging, walking etc.
3. When the teacher calls out "STOP", students run to stand next to a cone/on a dot. Initially there will be one for each person playing. After each round, remove one cone/dot so each time someone misses out.
4. Player that misses out on a cone/dot, can become a spotter and look for which player is last into a cone/dot for the next round.
5. Last player in is the winner.



EXCHANGE

EQUIPMENT REQUIRED:

No equipment required.

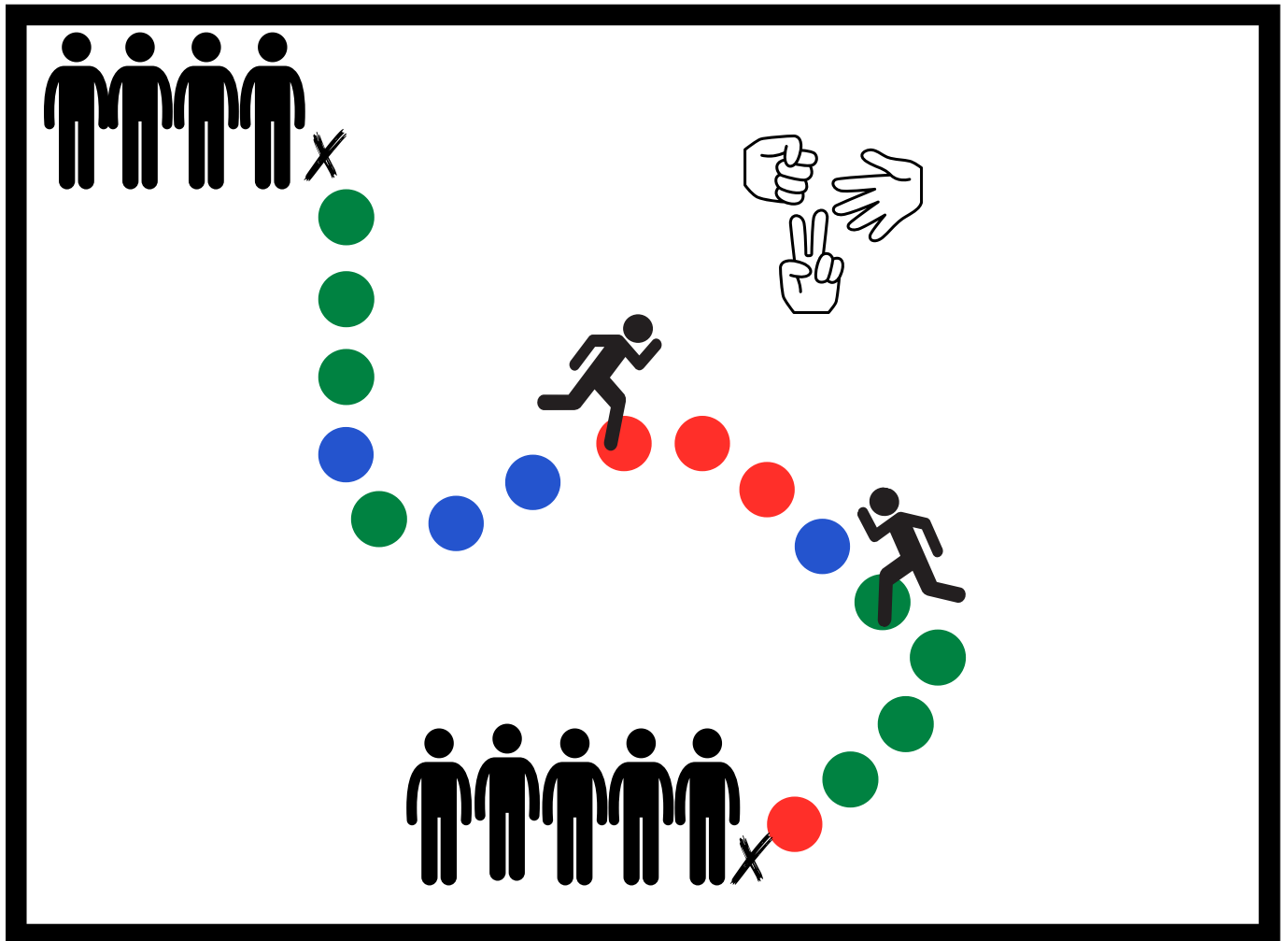


HOW TO PLAY:

1. Students form one large circle with a tagger in the middle.
2. Students are numbered off 1 - 6 (if 12 or more students playing), around the circle. If there are less than 12 playing, number the students so that there are at least 2 of each number. You can play with more than 2 of each number.
3. The tagger calls out a number.
4. Players with the number try to trade places by crossing the circle without being tagged.
5. If a player is tagged, they become the new tagger.
6. Tagger might call 2 numbers at the same time to make it easier for them to catch someone.

ROCK, PAPER, SCISSORS CHALLENGE

- 20 x Cones/Poly dots, any colour.



HOW TO PLAY:

1. Place the dots in a line from one side of the playing area to the other.
2. Split the group of students into two teams, standing at either end of the line.
3. On "GO", the person at the front of each line runs along the dots. When they reach the person from the other team, they stop and play "Rock, Paper, Scissors".
4. The person that wins continues running towards the other end while the person that loses returns to the back of their line.
5. If a member of your team reaches the end of the line, they score a point for their team and return to the back of their team and the next person in their team starts running .

The team with the most points at the end of the game is the winning team.



EQUIPMENT REQUIRED:

4 x Cones any colour.



HOW TO PLAY:

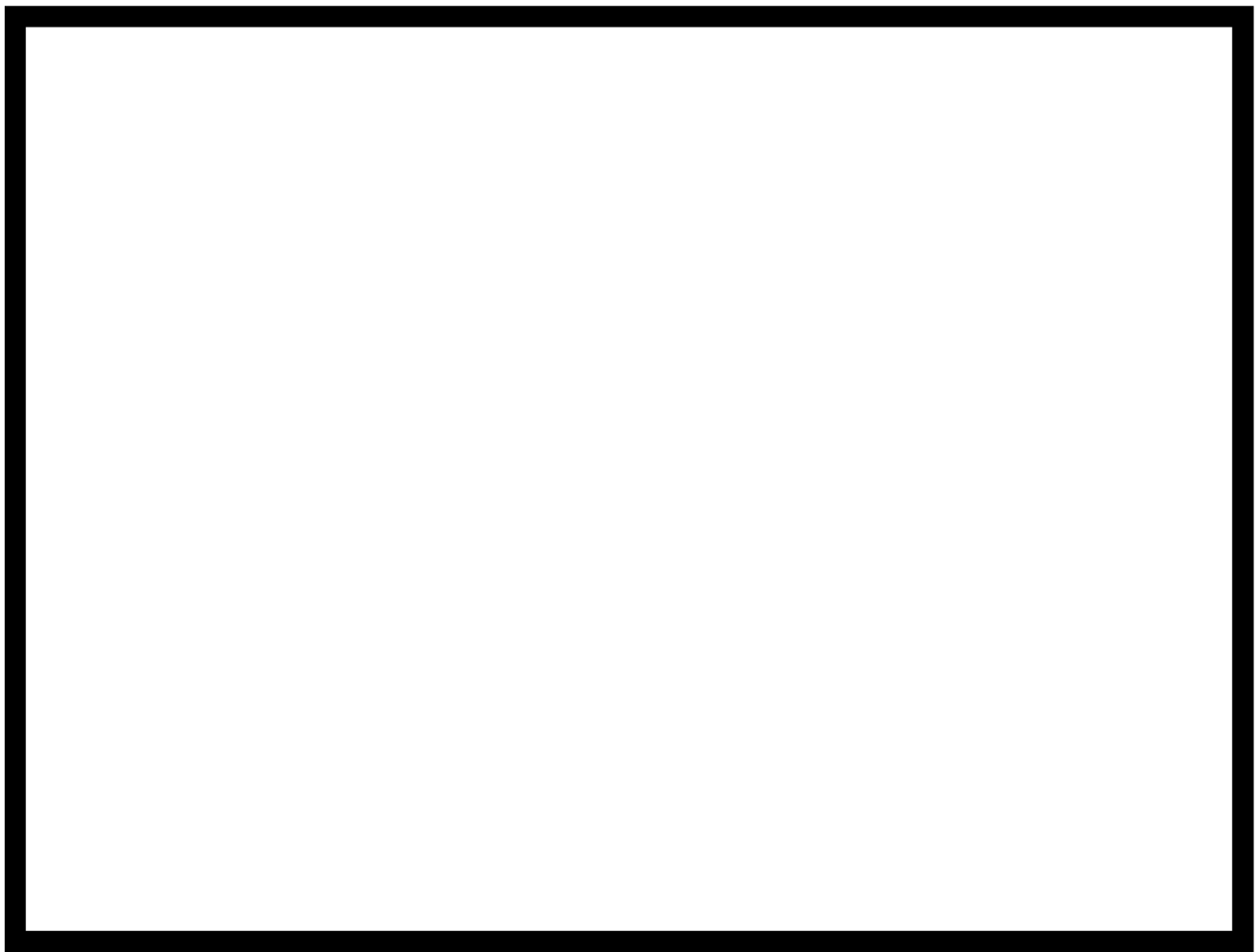
1. Cones
- 2.

Student with the most points at the end of the game is the winner.

GAME NAME

EQUIPMENT REQUIRED:

4 x Equipment needed.



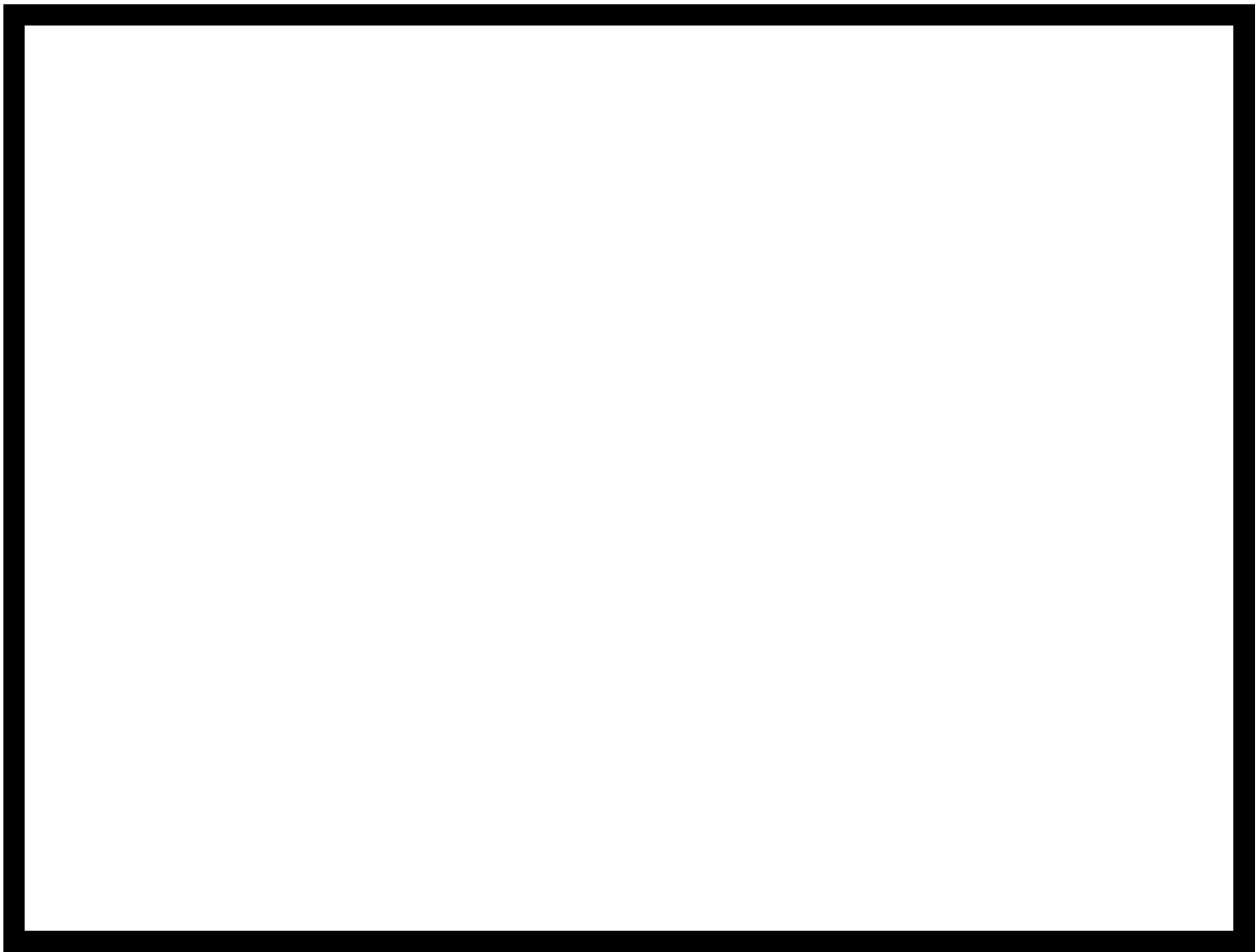
HOW TO PLAY:

1. Cones
- 2.

Student with the most points at the end of the game is the winner.

GAME NAME**EQUIPMENT REQUIRED:**

4 x Equipment needed.

**HOW TO PLAY:**

1. Cones
- 2.

Student with the most points at the end of the game is the winner.

