



Activity Plan

TITLE: The Cone Game

KEY SKILL(S) and CONCEPT(S): Teamwork, speed, agility

SUGGESTED GRADE LEVEL(S): 4-8

OBJECTIVE(S): Students will be able to:

- Demonstrate teamwork while working to improve speed and agility.
- Demonstrate knowledge and understanding of the play protocol by following the rules appropriately.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED: Index cards, 10-12 each of cones, colored markers or crayons, objects to hide under cones that match colors of markers or crayons used

DESCRIPTION:

Spread a group of cones (10-12) out in a large open area. Put one colored object under each cone – make sure that each cone has a different color object. Divide students into small groups (two-three students per group). Give each group one index card with a series of colors on it (e.g. red, yellow, green, red, blue, purple, black, yellow). One person from each group runs in search of the object that matches the first color on his/her index card. Students should continue to run and look under cones (making sure to keep the colors a secret from the other participants) until they find the correct one. Once students find a matching object they have to put a mark on the index card next to the corresponding color to “prove” that they found the right one. Students then return to the group and pass on the index card to the next person to search for the second color on the card. Continue playing until the group has found all of the colors on the card.

TEACHING SUGGESTIONS/TIPS:

- Keep groups small (two - three students) to encourage maximal participation time.
- Encourage positive behavior. Ask students to stay on their feet and contact free. Deduct an object found on a group's index card for contact, sliding/falling or other inappropriate behavior.

VARIATIONS AND/OR EXTENSIONS:

- For large class sizes add extra cones with additional colored objects to eliminate students bumping into each other.
- Use shapes instead of colors.
- Add a 20 second strength exercise or stretch to complete at each cone. Example: push-ups, an abdominal muscles exercise, lunges, triceps stretch.