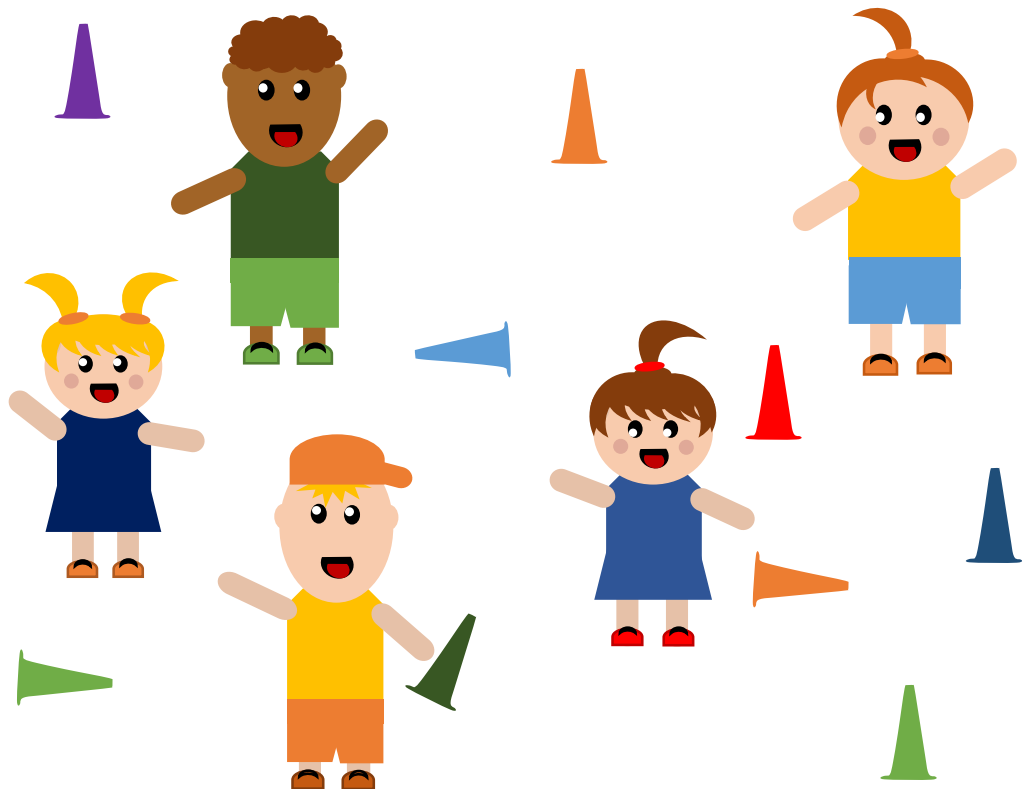




KNOCK OVER CONES



KNOCK OVER CONES

Objective

In Knock over Cones, the children's activity level is moderate to vigorous-intensity in that the children compete in two teams to knock over and stand up cones.

Equipment

Cones

Instructions

1. Divide the children into two teams.
2. Place the cones randomly around the floor.
3. The task of one of the teams is to knock over the cones (with their hands) at the same time as the other team shall stand them up again.
4. How many cones have been knocked down and remain standing after one minute?
5. Switch roles in the next round.

Tips

- Preferably add a rule that they are not allowed knock over the same cone twice in a row, as this generates more activity.