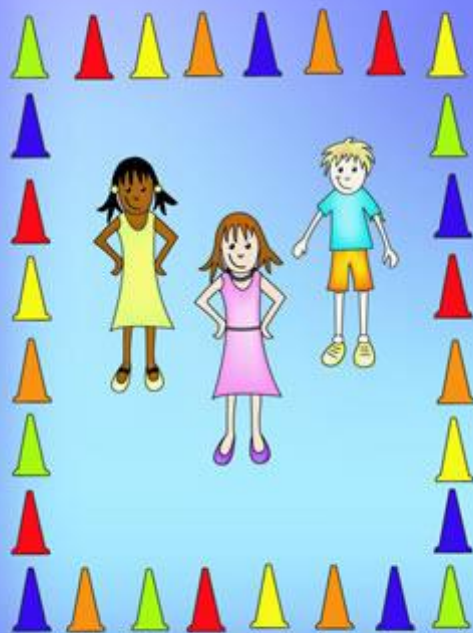


# cone island

WYCHAVON  
DISTRICT COUNCIL  
good services, good value



## Set Up

### You will need:

- 5 different coloured cones
- Place cones in a square 20 x 20m (depending on the number of cones space out every 0.5m)  
Please note: cones of the same colour are not allowed next to each other.

## Activity

Children need to be in a space, anywhere in the middle of the square, this will be their start position.

### Stage 1

From their start position, children must move to and touch with their feet any three cones of three different colours anywhere within the square. Once they have done this they must return to the start position.

### Stage 2

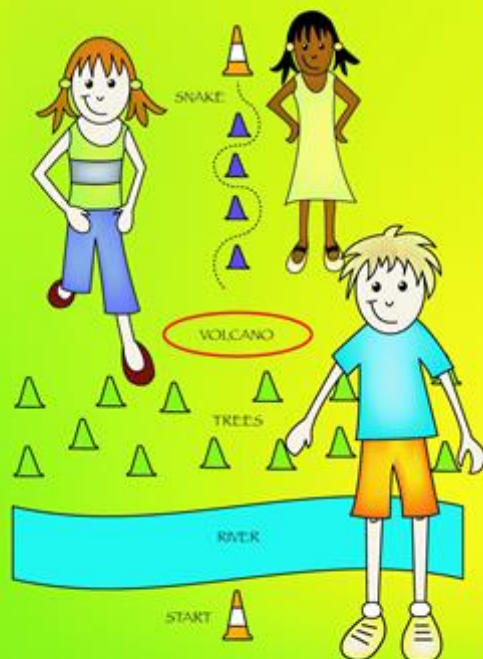
Same as stage 1 but for this they must visit three completely different cones than before.

### Stage 3

Follow stages 1 and 2 and include a 10 second countdown. Any children not back at the start position within the time are classed as out.

# JUNGLE GAME

WYCHAVON  
DISTRICT COUNCIL  
good services, good value



## Set Up

### You will need:

- Cones (for the trees and the snake)
- A blue hurdle (for the river)
- A red hurdle (for the volcano)

## Activity

**Stage 1** - First the trees are set out and the children have to run through the cone without touching them and come back again. If they do touch them they have to start again.

**Stage 2** - Now the river is added. The children have to jump over the river, go through the trees and back without touching anything.

**Stage 3** - The volcano is then added. The children have to jump over the river, go through the trees and then jump over the volcano and back without touching them.

**Stage 4** - The snake is added. Children have to jump over the river, go through the trees, jump over the volcano and then go through the snake and back again.

## Development

- Go through the whole course with a beanbag on their head.

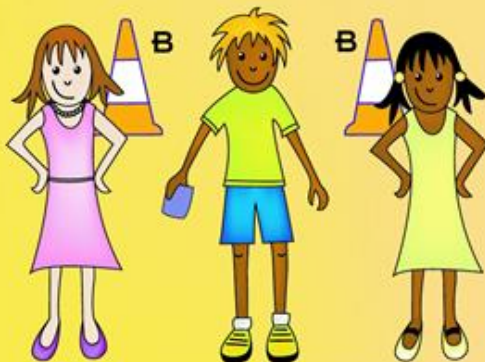
# TARGET GAME



TARGET



TARGET



## EQUIPMENT

- bean bags
- cones
- targets (either large hoops or "eveque" athletic targets)

## SET UP

- children stand at cone B
- each child has one bean bag each
- split children into 2 or 3 teams depending on how many targets you have
- targets placed half a metre away from cone A.

## ORGANISATION

1. line up single file behind cone B
2. on coaches command, first person runs from cone B to cone A
3. attempts to throw a bean bag into target
4. returns to cone B and the next person in line then runs to cone A
5. steps 1,2,3,4 repeated till all bean bags have been thrown

## POINTS ARE AWARDED FOR

- points are awarded if the bean bag lands in the target.
- the team who gets most beanbags in target wins.

## PROGRESSION

- move targets further away
- use 2 targets per team
- throw only using left or right hand
- practice over arm or under arm throw

# STEP TO IT...



## SET UP

You will need: 4 cones, 2 agility ladders (Alternatively cones can be used), Organise participants into 2 teams

## ACTIVITY

Players start by cone A and run to cone B for each race

### Stage one

Players do a relay race-first player in line runs to other cone turns around and runs back then next player runs. Each player only runs once.

### Stage two

Players do same as above but this time they jump with 2 feet together instead of running.

### Stage three

Players do same as stage one but this time they hop instead of run.

### NOW PLACE LADDERS OUT INFRONT OF TEAMS.

### Stage four

Players now run through ladders placing one foot in each part of the ladder trying not to touch any part of the ladder.

### Stage 5

Players now jump through the ladder with 2 feet going in each part of the ladder.

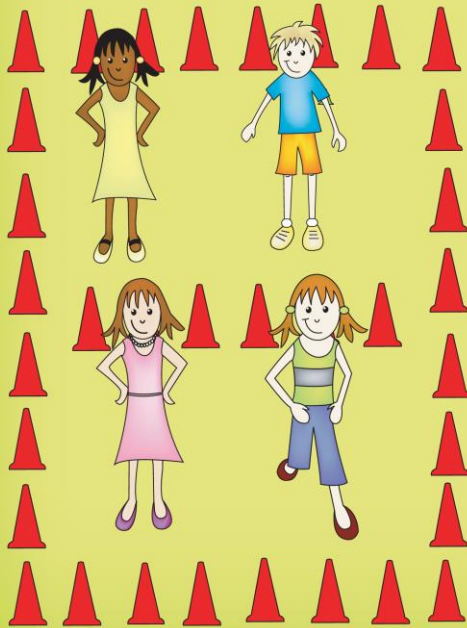
### Stage 6

Players now hop through the ladder.

### Stage 7

Players now try to invent a new way of moving through the ladder.

# TIDY YOUR ROOM



## SET UP

Mark out a large square with large red cones (size of square depends on number of participants)

Put a line of cones down the middle of the square splitting it in half. Split players up into 2 teams and put one team on one side of the square and the other team on the other. You will need lots of bean bags and soft balls and place randomly all over the square (try to put an equal amount on each side).

## ACTIVITY

Players have to try to keep their area tidy by picking up and throwing the equipment into a space on the other side of the pitch, try to make sure they don't throw equipment at each other. Use a time limit of 30 seconds.

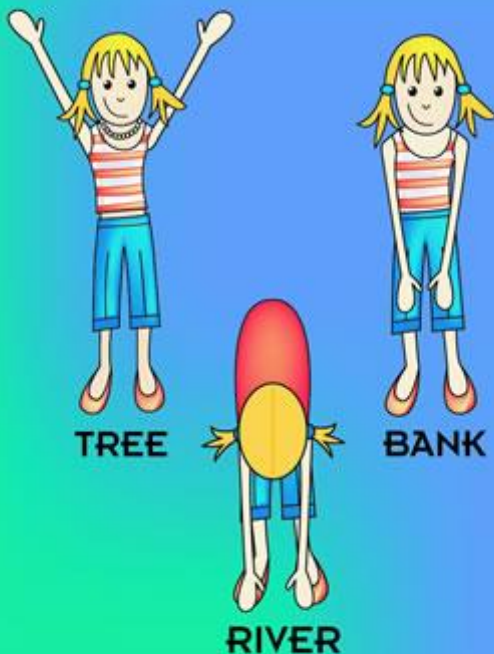
## PROGRESSION

Players are unable to move they can only pick equipment up that they can reach.

Players can only throw using left hand.

Use only balls and players have to kick balls to the other side.

# TREE, BANK, RIVER



## SET UP

- children stand in a space in front of the coach

## ACTIVITY

- When the coach says the word 'Tree' children stand with their arms in the air
- When the coach says the word 'Bank' children move their hands to their knees
- When the coach says the word 'River' children move their hands to their toes

The idea of the game is that the coach mixes up the words to try to catch the children out. If a child gets the action wrong they are 'out' and must sit down.