



A fun team-based running activity ideal for large group warm up. Played indoors or outside this game is suitable for Prep to Year 4 students.

Two teams try to tip up or tip down cones scattered in the playing area.

Scatter the cones throughout the playing area, setting half of them on their sides and half upright. If indoors use at least half of the gym for the playing area.

Divide the group into two teams. In a three minute playing time players on one team try to “tip-up” as many cones as they can, while players on the other team try to “tip-down” as many cones as they can.

For safety reasons, stress that: sliding on the knees is not allowed, cones must not be thrown down when tipped over, players must learn to move to open spaces to avoid bumping into one another.

Variations:

- Use cones of different sizes and/or colours to accommodate 4 teams.
- Require players to use only their toes, elbow, thumbs etc to tip the cones up or down.
- Require the players to move from cone to cone by skipping, hopping etc.
- Link pairs of players together at the ankles for a co-operative challenge.