

## Discovery Club – Creative Cone Games

### Session objectives –

- ★ To be able to play different types of cone games.

<p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>★ Certificates</li> <li>★ Cones</li> <li>★ Bibs</li> <li>★ Hoops</li> </ul>	<p><b><u>Warm Up – 10 Minutes</u></b></p> <p>Bounty Hunters</p> <p>Create a jail using cones this is where children will go when they are tagged. Pick 4 children to be the taggers who will be the bounty hunters. If you are tagged you go to jail. To be free other children will run to jail give you a high five.</p> <p>Change taggers or add in more taggers.</p>	<p><b><u>Dynamic Stretches</u></b></p> <p>Pick stretches for the whole body. See if children can come up with some stretches.</p>
<p><b><u>Grab the Gold – 15 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Put out two lines of cones opposite each other. There needs to be a gap in the middle to act as a train.</li> <li>★ Place 15 gold cones in the middle. (Yellow cones)</li> <li>★ Have 4 children in the middle defending the gold cones. 3 will be the deputies and 1 will be the sheriff.</li> <li>★ On the other side will be robbers trying to steal the gold. They will start on their hoop which is the hideout.</li> </ul> <p><b><u>Coaching points–</u></b></p> <ul style="list-style-type: none"> <li>★ The 4 children will be defending the cones. They are not allowed to come out of the area. The robbers must run into the middle and take only one cone back to their hoop. Once they are in the middle they can be tagged. If tagged they must run back to their hideout and try again. If they are holding a cone when tagged they must drop it.</li> <li>★ Robbers must only run forward they cannot run on the other side. (Say a mountain is in the way)</li> </ul> <p><b><u>Regressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Coach to help people in the middle they will be the sheriff.</li> </ul> <p><b><u>Progressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Add in more cones in the middle.</li> <li>★ Add in more taggers.</li> </ul>	<p><b><u>Capture the Flag – 20 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Place a line of cones in the middle. Have two hoops at either end with bibs in them. Make sure they are different colours e.g. one end red the other blue.</li> <li>★ Put children into two teams and place them on opposite ends.</li> <li>★ The idea is to go onto the other team’s half and steal the bibs and put them back into your hoop.</li> <li>★ Once you lose all of your coloured bibs you lose.</li> <li>★ If you go in the other half you can be tagged. If tagged you must run back to your team. If you have a bib you must put it back.</li> </ul> <p><b><u>Coaching points –</u></b></p> <ul style="list-style-type: none"> <li>★ Encourage children to find space.</li> <li>★ Have children think about the movements they can use to avoid the taggers.</li> </ul> <p><b><u>Regressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Change the teams up if they are struggling.</li> <li>★ Coach to help struggling team.</li> </ul> <p><b><u>Progressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Add in a jail on either side. If you get tagged you must go to other teams jail. Team mates must try and free you.</li> <li>★ Add in a semi-circle around the hoops. In this area you cannot get tagged.</li> </ul>	
<p><b><u>Cool Down and Debrief - 5 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Stretch the upper body – Cut the Cake (see game glossary)</li> <li>★ Ask what children have learnt and enjoyed in the session</li> <li>★ Award certificate</li> </ul>		