

Cone Island

Developed with Coach Anthony Stone Grades K-12



OBJECTIVES

Students will...

- Get moving as fast as possible in a short amount of time.
- Learn how to get from Point A to Point B as fast as possible (Gr. K-2).
- Learn how to work together as a team and get the little cones back home (Gr. 3-12).

OBJECT OF THE GAME

Be the team with the most agility cones next to their team's large cone before time expires to win.



Hula Hoops



Big Cones



Agility Cones

SETUP

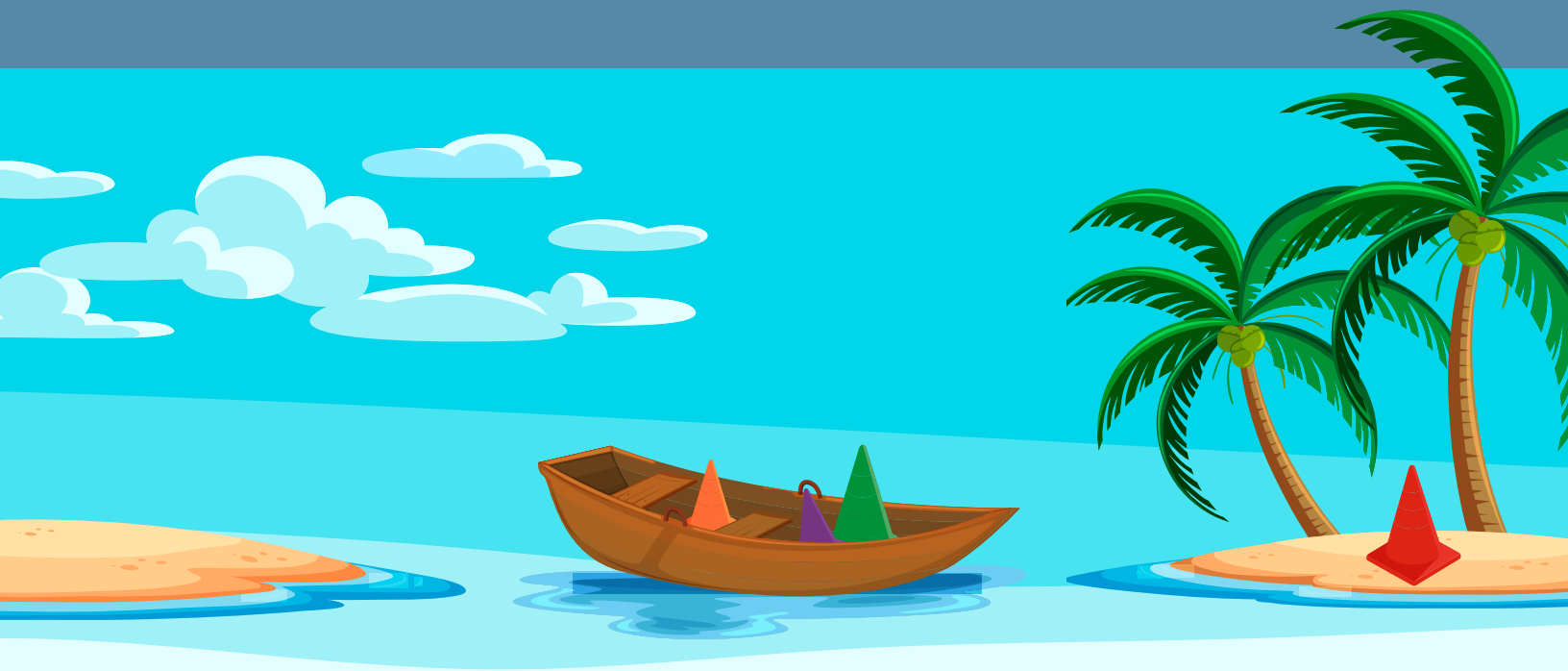
1. Set up playing area like in Figure 1. Game can be played in a gym or outside with boundaries.
2. Keep the cones so they are positioned from one end to the other. Don't cross the large cones – more students will run into each other that way.
3. Use four colors (one color per team). Each team gets a hoop, a large cone, 24 agility cones, and pinnies of the same color.

HOW TO PLAY

1. Divide students into four teams. Each team should wear a pinny that corresponds to the color of their team's large cone.
2. Remind younger students (grades K-2) about safety and danger zones (game boundaries), and remind all students not to run into each other.
3. You may give students strategy suggestions before the game begins.



Fig. 1



4. Teams begin the game behind the base line near their large poly cone. When play begins, players race to the other side of the playing area to get agility cones to bring back to place by their large cone. Players behind the base line on either side of the playing area cannot get tagged. Once they leave the base area, they may tag anyone they wish and be tagged in return.
5. Once a player picks up an agility cone to bring back to their team's large cone, they can't put it down again until they either make it back to their large cone or get tagged. They also can't pass or hand the agility cone to another player.
6. If a player is tagged and they are not carrying an agility cone, that player must go out of bounds and do an exercise (15 jumping jacks or something similar). Once the exercise is complete, the player must walk back to their large cone at home base before re-entering the game. If a player is tagged while carrying an agility cone, they must return the cone from where they got it before going out-of-bounds to perform the exercise.
7. If two players tag each other at the same time and you don't see it, have the players do rock-paper-scissors one time. The winner of the face-off re-enters the game by walking back to their large cone, while the non-winner goes out-of-bounds and performs the exercise.
8. If a player runs out-of-bounds to avoid being tagged, treat it as if they were tagged.
9. Players must stay on their feet at all times.
10. Players are not allowed to camp at base, run in to tag someone, and then return to base.
11. Play until time is up. The team with the most agility cones next to their large cone wins.

ASSESSMENT

1. Are the students running into each other?
2. Are the students following directions and listening?
3. Are the students working together as a team?
4. Are the students arguing with one another?
5. Are the students able to settle disagreements?
6. Are students showing good sportsmanship?
7. Older students can take their heart rate before and after the activity and then discuss why it does or does not change.





EQUIPMENT LIST

- MAC-T® Agility Cones, set of 48 (**PE09730**)
- MAC-T® Dome Cones, set of 36 (**PE00341**)
- MAC-T® Large Super Strap & Flag 30-pack (**PE09168**)
- Economy Plastic Hoops, set of 12, 36" dia. (**PE00406**)
- Sleeve-IT (**PE07537-PE07541**)

Lesson Plans are developed with teachers with no claim of original authorship.