

# Head Shoulders Knee Cone



To energise participants with a fun, fast-paced game that enhances quick thinking and agility. Perfect for warm-ups or ice-breaking sessions.



## Learning Intentions

### Enhancing Quick Thinking and Agility

Students will develop their ability to respond quickly and accurately to instructions, improving their agility and reaction time in a fun, fast-paced environment.

### Promoting Physical Activity and Coordination

Students will engage in physical activity that enhances their coordination and body awareness by quickly moving to touch specific body parts and grabbing the cone.

### Encouraging Positive Social Interaction and Fun

Students will interact with their peers lively and competitively, fostering a positive atmosphere filled with laughter and friendly competition.



## Success Criteria

### Accurate and Rapid Responses

Students consistently and quickly respond to the instructor's commands, demonstrating improved reaction time and coordination.

### Active Participation and Engagement

Students actively engage in the game, showing enthusiasm and effort in both the physical actions and the competitive aspects, such as grabbing the cone.

### Positive Interaction and Sportsmanship

Students interact positively with their partners, displaying good sportsmanship by encouraging others, handling competition well, and contributing to a fun and energetic atmosphere.



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## Objective:

To energise participants with a fun, fast-paced game that enhances quick thinking and agility. Perfect for warm-ups or ice-breaking sessions.

## Players:

2 - 100 participants, ideal for large groups and adaptable for various settings.

## Materials:

- A cone or similar grabbable item for each pair of participants.
- Optional: Five different coloured cones for each pair for the variation.

## Setup:

- Pair up participants and have them stand facing each other.
- Place a cone (or the chosen item) between each pair within an easy-reaching distance.

## Gameplay:

- **Standard Play:** The instructor calls out body parts ("head," "shoulders," "knees"), and participants must quickly touch the called body part with both hands.
- The game's pace increases progressively.
- When the instructor shouts "cone," the first player to grab the cone scores a point.
- **Scoring:** Play until one player reaches five points, or after each round, the winner finds a new partner while the loser performs a physical challenge (like ten squats, sit-ups, or burpees).
- **Coloured Cone Variation:** Instead of one cone, place five different coloured cones in a circle between the players.
- The instructor calls out a colour instead of "cone," the first to grab the corresponding coloured cone wins the round.
- This variation increases the challenge by adding colour recognition to the game's quick response element.

## Winning the Game:

- In the standard version, the winner is the first to reach a set number of points or the player with the most points after a set time.
- In the coloured cone variation, points can be tallied similarly, or the game can continue with winners finding new partners for each round.



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## Variations for Different Settings:

- **Children's Edition:** Use bright, colourful cones and incorporate fun physical challenges for the losers.
- **Staff Edition:** Focus on teamwork and communication, encouraging players to strategise with their partners.
- **Sports Team Edition:** Increase the physical challenge and competitiveness to suit athletic teams.

## Additional Notes:

- Encourage a fun, lively atmosphere with cheering and positive reinforcement.
- This game is versatile and can be easily adapted to suit any group's energy level and physical ability.
- It's a great way to kick off any session, whether in a classroom, corporate team-building event, or sports training, bringing high energy and laughter.

