

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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STAY
ACTIVE!

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.

