



HEAD
SHOULDER
KNEE
Cone



Head Shoulders Knee Cone

Instructions

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:

Two to 302 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.

Variations for Different Settings:

- Children's Edition: Use bright, colourful cones and incorporate fun physical challenges for the losers.
- Corporate 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.