

# Heads, Shoulders, Knee Cone

Grade Three & Four



To energise participants with a fun, fast-paced game that enhances quick thinking, agility, and coordination. Perfect for warm-ups, connection starters, or team-building sessions.



## Learning Intentions

### **I can improve my agility and quick thinking:**

Students will work on reacting quickly to commands while performing physical movements, helping to enhance their coordination and agility.

### **I can engage in friendly competition and teamwork:**

This game fosters a sense of teamwork and friendly competition, encouraging positive interaction between participants.

### **I can follow instructions quickly and accurately:**

Participants will practice following instructions rapidly, building their attention skills and improving their ability to respond to rapid changes.



## Success Criteria

### **Quick and Accurate Response to Commands:**

Students demonstrate their ability to quickly respond to body part commands and grab the cone when instructed.

### **Active Participation and Engagement:**

Students actively participate in the game, showing enthusiasm and energy. They engage with their partner, enjoying the pace and competitive nature of the game.

### **Healthy Sportsmanship:**

Students demonstrate good sportsmanship by respecting the rules and supporting their peers, whether they win or lose a round.



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## Objective:

To energise participants with a fun, fast-paced game that enhances quick thinking, agility, and coordination. Perfect for warm-ups, connection starters, or team-building sessions.

## Players:

- 2 to 30+ participants.
- Ideal for large groups, teams, or classrooms.

## Materials:

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

## Setup:

### 1. Pair Up Participants:

Divide participants into pairs. They should stand facing each other, with a cone placed between them within easy reach.

### 2. Optional Colored Cones:

If using the coloured cone variation, place five different coloured cones in a circle between each pair.

### 3. Instructor's Position:

The instructor stands in a place where they can call out commands clearly.

## Gameplay:

### 1. Standard Play:

- The instructor calls out body parts like "head," "shoulders," or "knees." Participants must quickly touch the called body part with both hands.
- As the game progresses, the instructor can increase the pace to make it more challenging.

### 2. Cone Call:

- When the instructor shouts "cone," the first player to grab the cone scores a point.
- The round is over once the cone has been grabbed, and the players return to their starting positions to prepare for the next round.

### 3. Scoring:

- The game continues until one player reaches five points, or you can set a specific time limit, at which point the player with the most points wins.
- After each round, the winner finds a new partner, while the loser performs a fitness challenge, such as 10 squats, sit-ups, or burpees.



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## Coloured Cone Variation:

1. Instead of using just one cone, place five different coloured cones in a circle between the pairs of players.
2. The instructor calls out a specific colour (e.g., "Red!" or "Blue!"). The first player to grab the cone of the called colour wins the round.
3. This variation adds an additional layer of challenge by requiring players to recognise colours while moving quickly to grab the correct cone.
4. Points can be awarded similarly to the standard version, or the game can be played in rounds where winners swap partners and continue playing.

## Winning the Game:

- In the **standard version**, the winner is the first player to reach five points or the player with the most points after a set time.
- In the **coloured cone variation**, players continue until a set number of rounds or until a predetermined time limit is reached. The player with the most points at the end of the game is declared the winner.

## Variations for Different Settings:

### 1. Modified Edition:

Use bright, colourful cones, and make the fitness challenges fun, like "frog jumps" or "animal crawls" for added excitement.

## Additional Notes:

- This game is a fun, interactive way to start a session, whether in a classroom, a team-building event, or a sports training setting.
- The game can be easily adapted to suit any group's energy level and physical abilities, offering a playful, active, and engaging warm-up.
- **Heads, Shoulders, Knee Cone** is an excellent way to improve agility, coordination, and quick decision-making, while fostering teamwork and positive social interaction.

