

Dishes and Domes

How to play this game:

Mark out a playing area (a large rectangle or square). Divide the children into two teams. Each team waits on opposite sides of the rectangle. The marker cones are distributed around the playing area. Turn the cones the same way up (so that they look like little dishes). When the leader says "Go!" one team runs into the area and the children turn the marker cones the opposite way, i.e. if they look like dishes, the children turn them over to look like little domes. Time how long it takes the children to turn the cones over and race out of the playing area. Ask a child to be timer. The timer stops the watch as the last child leaves the area. The other team then has to turn the cones over in a quicker time.

Adaptations

Play this as a relay game whereby one child from each team enters the playing area and turns over one marker cone. They have to run back and tag their team's second player who goes out to make another turn.

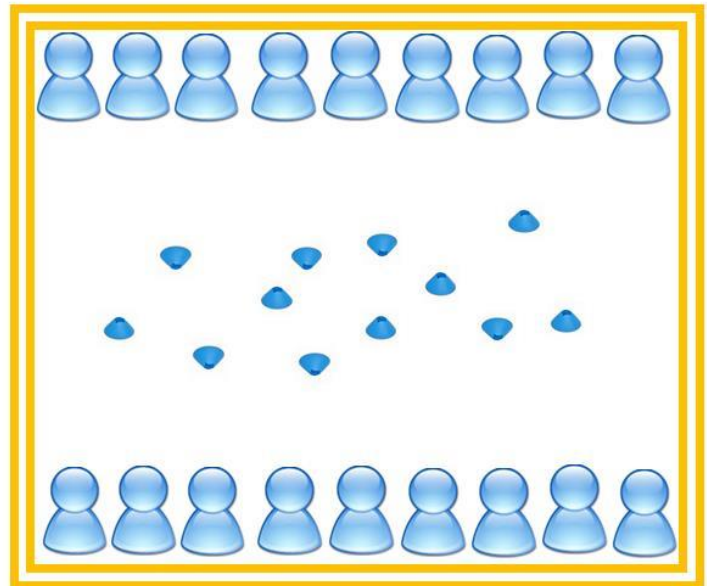
You can increase the number of children who run out to 2, 3 or even 4.

If playing as a relay game you can give children relay batons and they can practice handing over the baton to the next child on their team.

Put one player from each team in a bib, they act as a defender of the dishes (or domes). This player can chase after players from the opposing team and tag them as they make their way out to turn a cone. If a player is tagged they must return to their line and hand-over to the next player in their team without turning a cone. This works best if you have more than one player from each team on at a time.

You can increase the number of cones you have in the middle and this becomes a really good cardiovascular warm-up.

Change the methods of travel that children can use to get to the cones e.g skipping or jumping.



Learning Objectives

- Turn taking
- Fitness and running fast over a short distance
- Can be used as a fun warm-up

Resources

- Activity area
- Marker cones