



GET ACTIVE

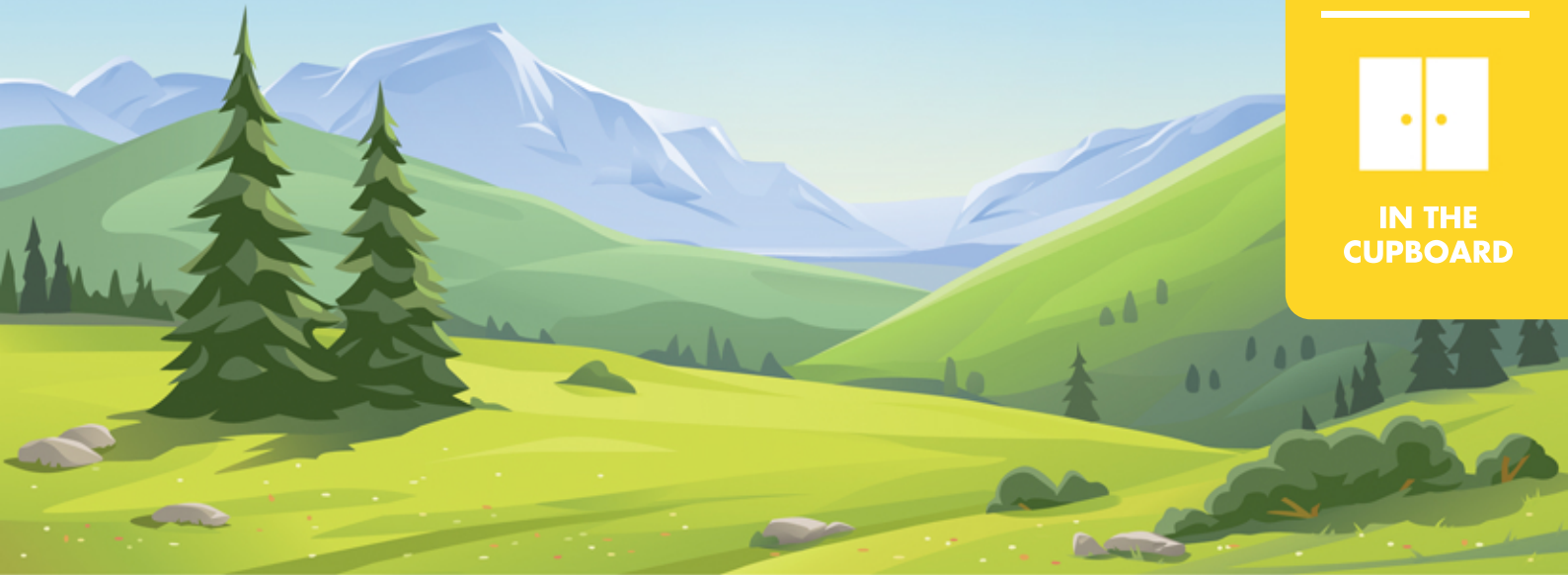


10 MINUTES



IN THE
CUPBOARD

MOUNTAINS AND VALLEYS



▶▶ GETTING INTO THE ACTIVITY

A competitive head-to-head game which challenges children to use their speed and reactions to ensure their team have the most mountains or valleys.

Split into two teams. Sit each team at either end of the meeting space. In the middle of the meeting space place a large number of marker cones (the ones shaped like domes). Spread the cones out all around the meeting space, ensuring that half have the base of the cone on the floor (mountains) and half have the base facing upwards (valleys). Tell each team they are either 'mountains' or 'valleys'.

On go, children should run around the meeting space trying to get all the cones to face the same way as their team name. With both teams playing, the game should see the cones continuously changing direction. Children are not allowed to guard a cone and must touch at least one other cone before they can touch the same cone again (to stop two players just turning the same cone over and over).

Continue playing until a leader shouts 'Mountains and Valleys'. At which point all children should stop immediately and return to their side of the meeting space. A leader will then count up the total mountains and valleys, with the highest number being the winning team. Re-set the game and play again.

✓✓ WHAT YOU'LL NEED

- 20+ Cones (similar to image below)



! KEEPING EVERYONE SAFE

Maintain social distancing as required. Larger spaces (including outdoors) are best. Instruct children to move about the space carefully so not to bump into each other. Everyone should sanitise their hands before and after the activity.