



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

COLOUR CONE DASH



AIM

A fun game which encourages children to move around in a variety of different ways before testing their reaction skills when the music stops.

WHAT YOU'LL NEED

- Coloured Cones
- Music & Speakers

GET ACTIVE: COLOUR CONE DASH

THEME: PLAYING GAMES



LEADER PREPARATION

This activity requires at least four different coloured cones spread around your playing area. For larger groups consider using multiple cones of each colour scattered randomly. This will help spread children out and reduce the chance of them bumping into each other. You'll also need music for this activity, however the game could be played without music if needed.



GETTING INTO THE ACTIVITY

- 1 Start with children spread out around the playing area, with the coloured cones dotted around them.
- 2 Play some music. Whilst the music is playing, children should move around the room. For each round set an energetic action or a dance move. After playing a few rounds you could ask the group for action ideas.
- 3 When the music stops call out a colour and children should race to that coloured cone.
- 4 You could award a point for the first person to arrive or alternatively you could play as an elimination game, with the last person having to exit the game. Consider awarding points for the best actions too.
- 5 Continue playing until you have a winner (most points or the last person standing).

Action Ideas

- Spinning
- Hopping
- Dance moves
- Jumping
- Star jumps
- Walking backwards
- Animals (frog, rabbit, monkey, elephant etc)
- Transport (plane, car, bike)

Variation: Rather than playing with cones and colours, call out a number and children must form groups of that number. For example, if a leader called out '3', then everyone must form groups of three. Anyone who isn't in a group of three would be eliminated from the game / not receive a point.



IDEAS TO TAKE THIS FURTHER...

Instead of colours, use themes. This might be cartoon characters, planets, countries and so on. A great game to adapt to any themed session you might be running. To help children know what the bases are create signs or use pictures to place on the cones.



KEEPING EVERYONE SAFE

To reduce the risk of children bumping into each other, ask those playing to move in one direction around the room. Use multiple cones of the same colour to spread out children for when they are running to the chosen cone.