The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

|  |
| --- |
| Domes and Dishes |
| Suggested level – early and first |
| Equipment - set of small domes/cones |
| A grid of cones is set out, how many will depend on how many people are playing the game. Half of the cones are then upturned to become the “Dishes” and the group is split in two. One of the teams is aiming to turn all of the cones into “Domes” and the other is trying to turn them into “Dishes”. A time limit is set and after the time limit is up everyone stands back and the winning team is the team with the most of their type of cone.  Safety: Beware windy days as the cones may get blown about. Participants must be aware of others whilst running around, so as to not bump heads whilst looking at the ground.  Development Ideas:  • Could specify numbers or colours of cones to be collect.  • Counting cones /colours at end of the game.  • Children setting cones out in lines / grids of specific colours, numbers in each row etc. |

Adapted from Argyll and Bute No Limits Resource