

ANCHORS

HEAD, SHOULDERS, KNEES & CONES



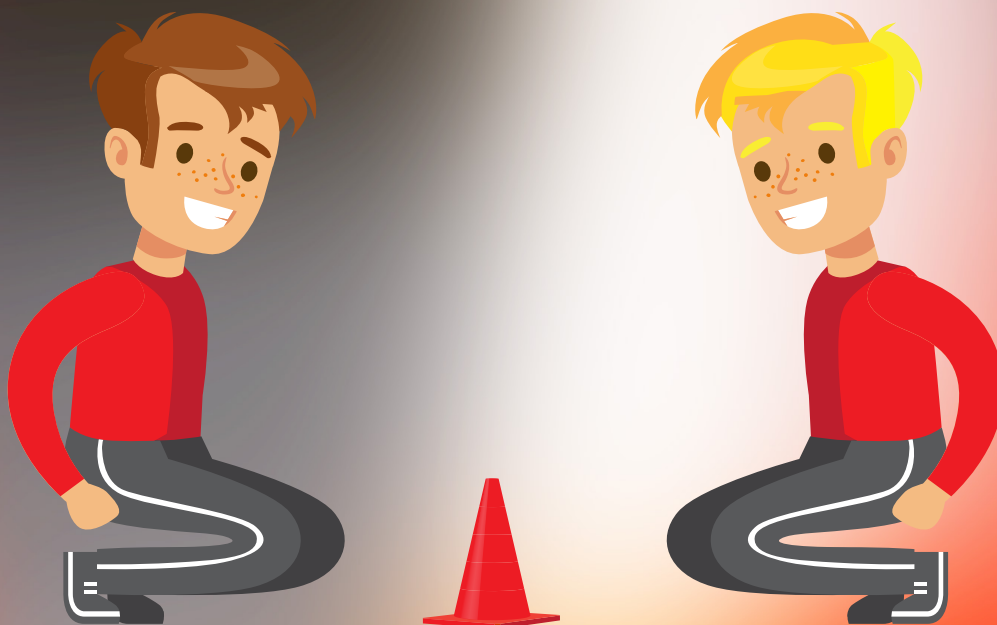
GET ACTIVE



10 MINUTES



IN THE
CUPBOARD



AIM

A head to head game, designed to improve coordination and test the reaction speeds of players.

WHAT YOU'LL NEED

➤ Cones

GET ACTIVE: HEADS, SHOULDERS, KNEES & CONE

THEME: PLAYING GAMES



LEADER PREPARATION

It's quick and easy to setup and play this game with your group, so perfect to be used at short notice.



GETTING INTO THE ACTIVITY

- 1** Lay the cones in a straight line down the middle of your meeting space, you will need a cone for every two players.
- 2** Ask your group to get into two lines, one either side of the line of cones, with each player facing a cone and another player.
- 3** Players should squat down (bend knees), facing their opponent with the cone in-between them.
- 4** A leader will call out body parts (Head, shoulders, knees, toes etc). After each body part is called, players need to place both hands on that part of their body. So, if 'shoulders' are called, all players touch their shoulders. If 'knees' are called, all players touch their knees and so on.
- 5** This continues until the leader shouts 'cone'. At which point players must try to grab the cone in front of them. The person who grabs the cone is the winner.

It's a game that requires lots of concentration, speed and coordination. You could make this into a competition with players progressing along the line if they win or make it a knock out tournament and see who's left standing at the end.



IDEAS TO TAKE THIS FURTHER...

Change the game up using coloured cones. Have two or three coloured cones in between the players (these need to be the same colours for everyone) and call the names of colours out instead. When the name of one of the coloured cones comes up, players need to quickly grab the correct coloured cone.



KEEPING EVERYONE SAFE

Make sure players aren't standing too close to the cone, to reduce the risk of their heads colliding.