

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Cone Flip

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### Game Description:

Fun fast paced game that requires only cones!

### Objective:

To have as many cones flipped in favour of your team.

### Game Rules:

Assign one team to flip all the cones upside down.  
Assign the other team to flip the cones right side up.  
Play fast rounds to see which team can flip all the cones their way first!

### Adaptations (optional):

Encourage children to use both hands.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Multi-skill game

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Run