CONE FLIP TREASURE GRAB

STUDENT TARGETS

- **Skill:** I will flip a cone in the air attempting to have it land on its base.
- **Cognitive:** I will discuss aerobic capacity with my classmates.
- **Physical Activity:** I will perform aerobic exercises.
- **Personal & Social Responsibility:** I will demonstrate respect for equipment throughout the activity.

EQUIPMENT & SET-UP

Equipment:

- 1 cone per student
- 24 Bean Bags
- 4 Hula Hoops
- Cones to divide space into 4 quadrants

Set-Up:

- Divide the activity area into 4 quadrants. Place 1 hoop and 6 bean bags at each corner station.
- Create 4 even teams (1 team at each corner). Each student begins with one cone.

ACTIVITY PROCEDURES

1. Today we are going to successfully flip cones on their base in order to collect as many bean bags (treasure) as possible. The students in your corner with you are your teammates for this activity.
2. On the start signal, students will earn 1 cone flip attempt for every 3 jumping jacks performed. You can perform any number of consecutive jumping jacks you choose (in multiples of 3). For example, do 3 jumping jacks to earn 1 flip attempt. Do 9 jumping jacks to earn 3 flip attempts.
3. The cone MUST flip 1 or more full rotations to be considered a fair flip. If it lands upright on its base, quickly move to collect 1 piece of treasure (bean bag) from another team. The team with the most treasure when you hear the stop signal wins!
4. On the stop signal freeze and be ready for the next set of directions.

GRADE LEVEL PROGRESSION

Level 1: Provide students with different sized cones or other equipment options for flipping.
Level 2: Allow students to work with a partner and share the tasks associated with this activity.

ACADEMIC LANGUAGE

Aerobic Capacity, Base, Respect, Responsible Behavior

PRIORITY OUTCOMES

Physical Activity Knowledge:
Identifies physical activity benefits as a way to improve health and personal fitness.

DISCUSSION QUESTIONS

- What is aerobic capacity?
- Why is aerobic capacity important for you to live an active lifestyle?