

OPEN[®]

Winning Wellness Cards

GameDay

GameDay

UPSIDE DOWN

Set-Up:

- Use large cones to create start and finish lines 20 meters apart.
- Place the dice at each starting cone and 6 low-profile cones at each finish cone. Number each low-profile cone 1 through 6, going from left to right.
- Create teams of 2–4 players, each team at a starting cone.

How to Play:

- It's Game Day! This Physical Health activity is called *Upside Down*. The object of the game is to get all of your team's cones upside down.
- On the start signal, the first person in line rolls the die and then runs down to flip the cone that corresponds to the number rolled.
- As soon as that player returns to the line, the next player rolls the die and runs down to flip the appropriate cone.
- If a number is rolled again, corresponding cones are flipped back right-side up.
- Play the game until one team gets all cones upside down, or time runs out (teacher will set an appropriate amount of time).

Physical Health Game-Day Fact:

- Effort is the physical and/or mental work that a person gives to a goal. The amount of effort given is a choice and there are no shortcuts to success! Choosing to do the work is a choice toward making progress. Making physical activity a priority and making the choice to be healthy and active has benefits that will last for a lifetime.



Physical Health Card