

Multi Skills Festival– Domes & Dishes

Learning Outcome:

By the end of the activity, pupils will be able to effectively work as a team and demonstrate different movement types.

Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☐

Strength ☐

Power ☐

Fundamental

Movement Skills:

- Walking
- Running
- Bounding
- Hopping
- Jumping
- Turning
- Twisting
- Bending
- Extending
- Flexing

Personal Challenge:

Can you turn over more cones than you did the previous time?

Equipment Needed

- 30-40 Cones

Safety Points

- Make sure you look where you are going so you do not bump heads with any other pupils.
- Make sure you clearly mark out the area so the pupils do not interrupt any other activities.
- Ensure the cones are spread out.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Give a clear explanation of activity and a story.
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Tell the groups which way they are trying to turn the cone (Sandcastle or Hole)
- Pupils stand in their groups at opposite ends of the area.
- On your command, all the pupils run out into the area and start turning over each of the cones.
- After a set amount of time, stop the pupils and count how many each of the groups have.
- Restart the game and see if each of the teams can turn over more cones than they did last time.
- Change the type of movement so the pupils have to jump or hop between each of the cones.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

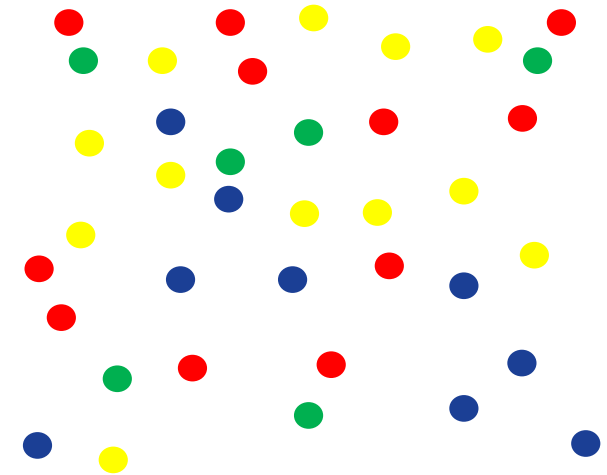
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Keep your balance when hopping or jumping. Take your time with each of the movements.
- Do not turn over the same cone— Make sure you move across to a different cone.
- Only turn over one cone at a time.

Easier/Harder (STEP Principle)

- Space: Increase or decrease the area.
- Task: Turn only a certain colour of cones or change the type of movement.
- Equipment: Increase or decrease the number of cones.
- Participants: Work as a team to take the cones back to your base area, rather than as an individual.