

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION

### ACTIVITY: *Cone Flip*<sup>1</sup>

**Description:** Child runs to cones that are randomly placed in the area and flips the cones in a limited amount of time.

#### Adaptations for Wheelchair Users:

- Place cones on a higher surface (eg. On a chair) to children who are using wheelchairs to participate

*Safety tip: Participants should pay attention when playing with a child in a wheelchair; child in wheelchair should also have sufficient wheelchair skill to be able to manoeuvre the chair around other children*

#### Number of participants



<https://www.youtube.com/watch?v=wx6cMlbiSxo>

#### Skills

**Physical:** Coordinated running, balance, gross motor skill, lower limb coordination, agility

**Cognitive:** Visual processing, sustained attention, divided attention

**Social:** Understanding of personal space

#### Equipment

- Small cones

#### Goal examples:

- The child will be able to flip 5 cones in 20 seconds, while racing their friend.
- I can work together with my friend to flip all of the cones over.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Fit Kids Health Kids: <https://www.youtube.com/watch?v=wx6cMlbiSxo>

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**FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION**

**ACTIVITY: Cone Flip<sup>1</sup>**



Wheelchair friendly?

Yes

**Modifications**

To make the activity easier	To make the activity harder
Change the equipment	
<ul style="list-style-type: none"><li>Use fewer cones to decrease <b>physical</b> and <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Increase number of cones to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
Change the environment	
<ul style="list-style-type: none"><li>Place cones closer together to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Increase perimeter of activity area to increase <b>physical demand</b></li></ul>
Change the task	
<ul style="list-style-type: none"><li>Increase time child is given to flip cones to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Set a time limit to flip a certain number of cones to increase <b>physical demand</b></li><li>Make it a team activity, with one group flipping the cones right side up and the other group flipping the cones upside down to increase <b>social demand</b></li></ul>

<sup>1</sup> Fit Kids Health Kids: <https://www.youtube.com/watch?v=wx6cMlbiSxo>