

# DISHES AND DOMES

## WARM UP ACTIVITIES

### EQUIPMENT

CONES EQUAL TO THE NUMBER OF STUDENTS.

### INSTRUCTIONS

START BY SPLITTING STUDENTS INTO TWO EVEN TEAMS. EACH STUDENT IS GIVEN A CONE AND THEY MUST PLACE IT IN THEIR AREA (THE END GOAL THIRDS) IN EITHER A DISH (NARROW END ON THE GROUND) OR A DOME (WIDE PART OF THE CONE ON THE GROUND). THE AIM OF THE GAME IS TO TURN AS MANY OF THE OPPOSITION'S CONES TO YOUR OWN DESIGNATED CONE POSITION (A DISH OR DOME) AND TO KEEP YOUR CONES IN THE CORRECT POSITION (A DISH OR DOME). CONES CANNOT BE PROTECTED.

STUDENTS CANNOT STAY IN ONE AREA; FOR EXAMPLE, IF THEY CHANGE A CONE IN THEIR AREA THE NEXT CONE THEY CHANGE MUST BE IN THE OTHER TEAM'S AREA (ALTERNATING AREAS EACH TIME A CONE IS FLIPPED). TO DETERMINE A WINNER THE NUMBER OF DISHES AND DOMES ARE COUNTED.



BreakAppz



@DALESIDEBOTTOM