

Dome Cone Activities

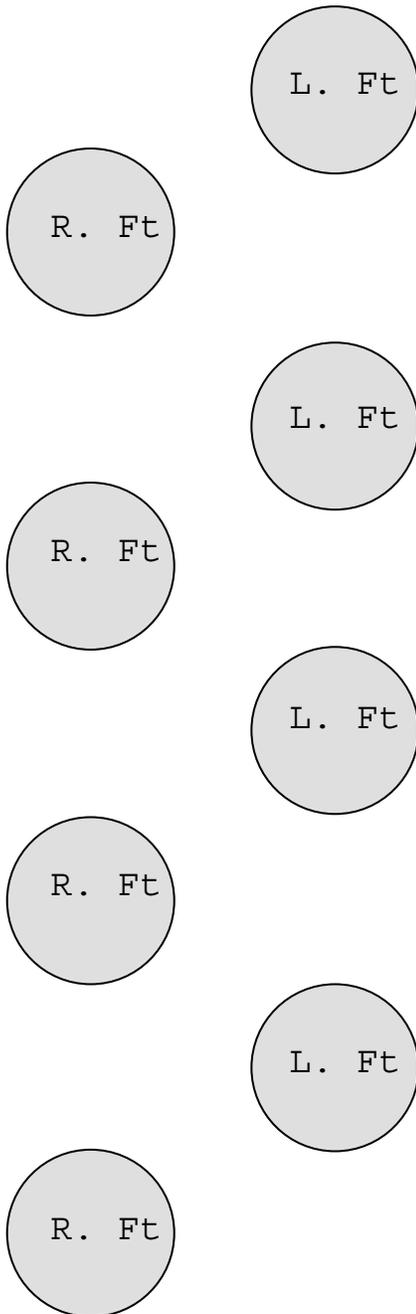
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Rows Crossing	p. 1
Rows Pick-Up	p. 2
Domes Add On	p. 3
Team Square	p. 4-5

Rows Crossing

Walk with the right foot on the cones to the left and the left foot on the cones to the right. For each step, the feet must cross in front of the body.

Cue: Pivot, turning hips before stepping.



Variations:

Backwards Rows

Step backwards on the dome cones.

Squat Rows

Walk from cone to cone in while in a squat position.

Blindfolded Rows

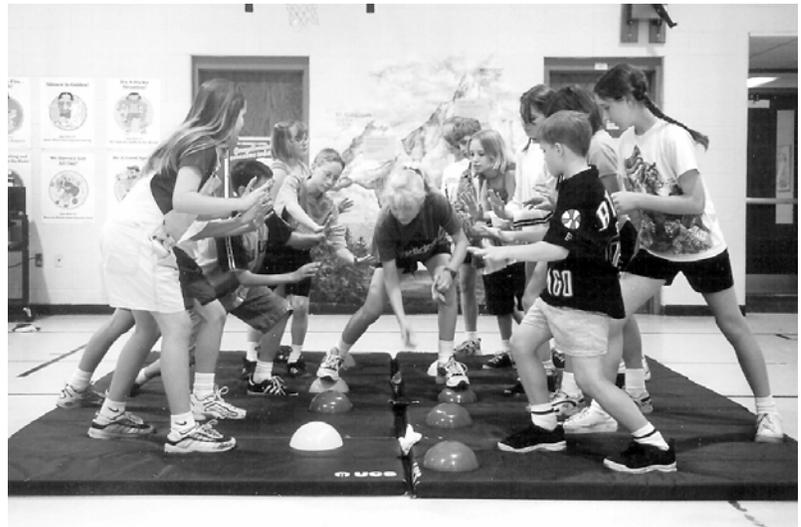
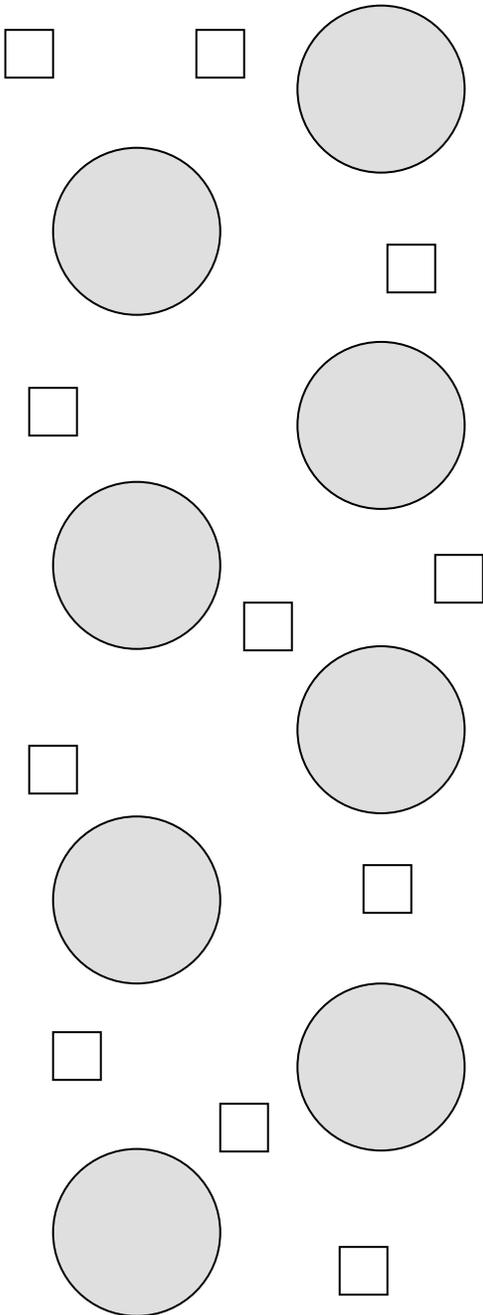
Traverse the cones with eyes closed.

Begin: Left Foot Right Foot

Rows Pick-Up

Take two steps and then squat to pick-up a bean bag that is lying on the floor around the dome cones. After the bean bag is picked up, move two more cones and switch the bag in your hand with a bag on the ground.

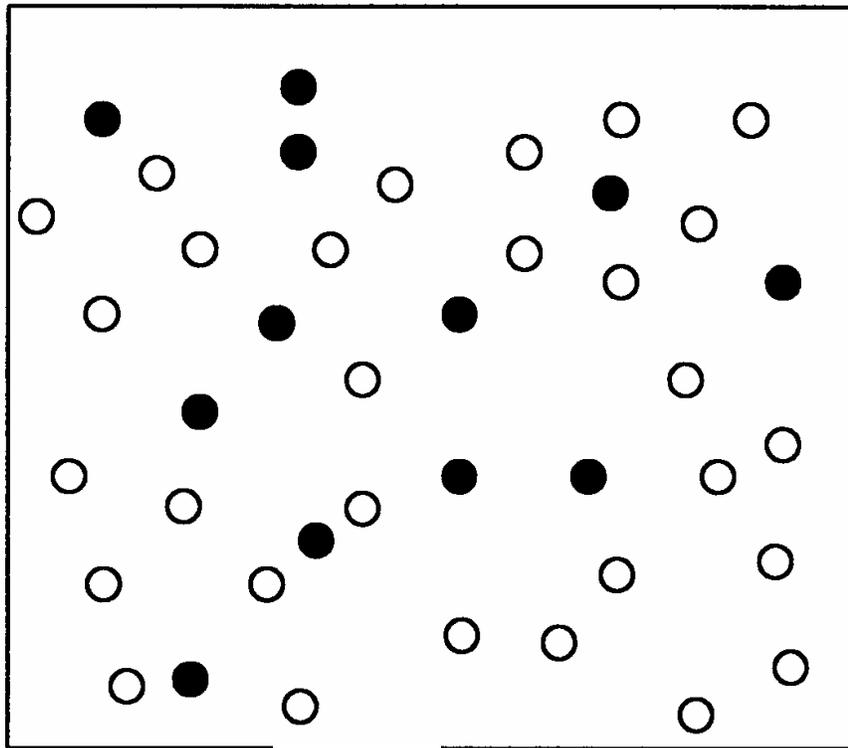
Cue: Counterbalance with opposing leg or arm



Domes Add On (Follow the Leader)

Groups of 2 or 3 students work together. The first student enters the square and steps on four different dome cones. Everyone else in the group must mentally track the event. The next student then follows the first four cones that the first student stepped on and adds on two of their own. The next student follows the six-cone traverse that the first two students created and adds on two more. This sequence continues until everyone has added two moves to the traverse. At this point the group is awarded a letter "C." The first student begins again with the traverse the group created. If everyone negotiates the traverse the group is awarded the letter "L." The goal of the group is to try to spell the word "CLIMB."

Cue: Think two moves ahead!



Team Square

Create 4 groups. One person will need to act as the leader/teacher. Directions for this individual are on the back of this sheet. While the leader is reading and setting up, group members should practice one of the following tasks using the row formation below:

Backwards Rows

Step backwards on the dome cones.

Squat Rows

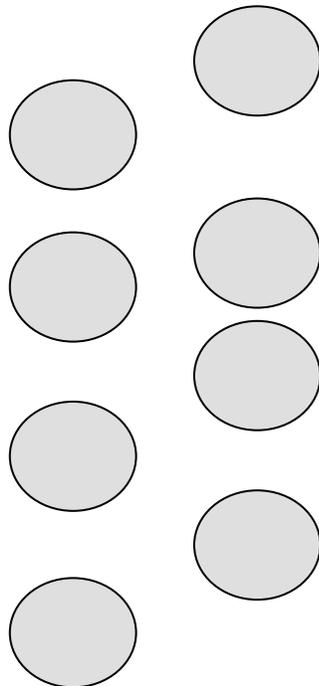
Walk from cone to cone in while in a squat position.

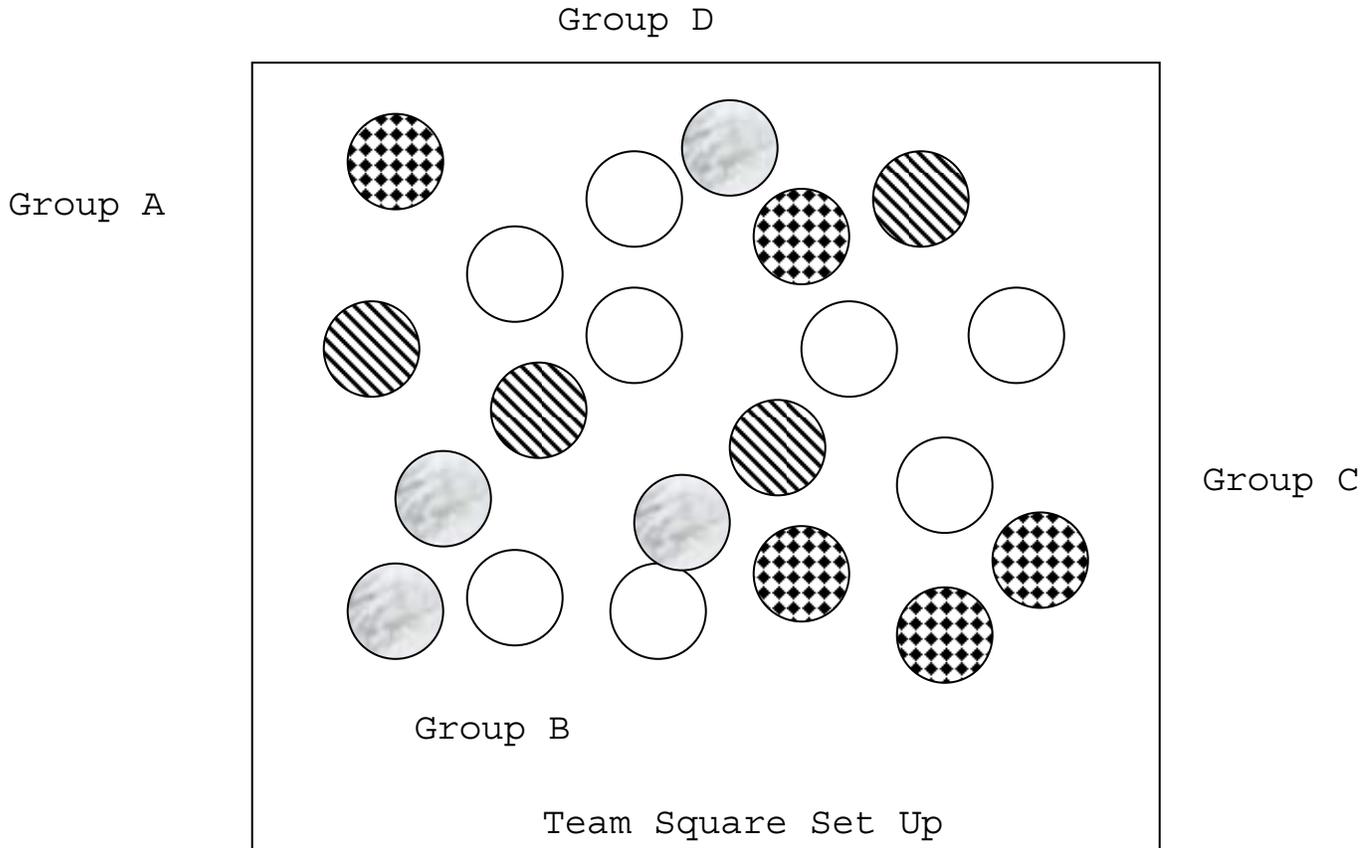
Rows Skipper

Decrease the distance used for the typical "rows formation." Try to skip one cone as you move through the problem. Next time through try to skip two cones.

Blindfolded Rows

Traverse the cones with eyes closed.





This activity requires a deliberate set up of the cones. The goal in the set up is to create four paths crossing, one from each side of the square, each path represented by a different color. At least two paths should be set up so that they cannot be crossed unassisted. However, do not disclose this information to the group. Students are told that each group will be assigned a specific color of dome cone. Groups are to cross the area using only their assigned colored cones without touching the ground. Depending on the group the challenge will either become a competitive or cooperative event. After round one is completed, the instructor can add a rule that each team must traverse every colored path.