

Name/Title: Flip It Fitness

Purpose of Event: Warm Up, Fitness

Prerequisites: Has performed all exercises used in this activity. Has practiced the cone flip in class before using as an Instant Activity.

Suggested Grade Level: All

Materials Needed: 1 cone for every 2 students

Description of Idea

On signal, each pair of students tries to flip their cone. The first one to flip the cone and land it wins. Student can catch it before it lands and set it back up.

The student that wins does a victory push-up then finds a new person. The other person does jumping jacks until a new challenger arrives. The cone stays.

Variations:

1 - Write a different exercise, that your students know, on each cone.

2 - Try a match of 2 out of 3 games before winner moves on. Students perform exercise after each game.

Adaptations for Students with Disabilities:

Use a different size cone selected for special need.

Play with a partner (2 vs 2)

Submitted by **Michael Beringer** in Milwaukee, WI. Thanks for contributing to PE Central! **Posted on PEC: 9/5/2017.**

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