

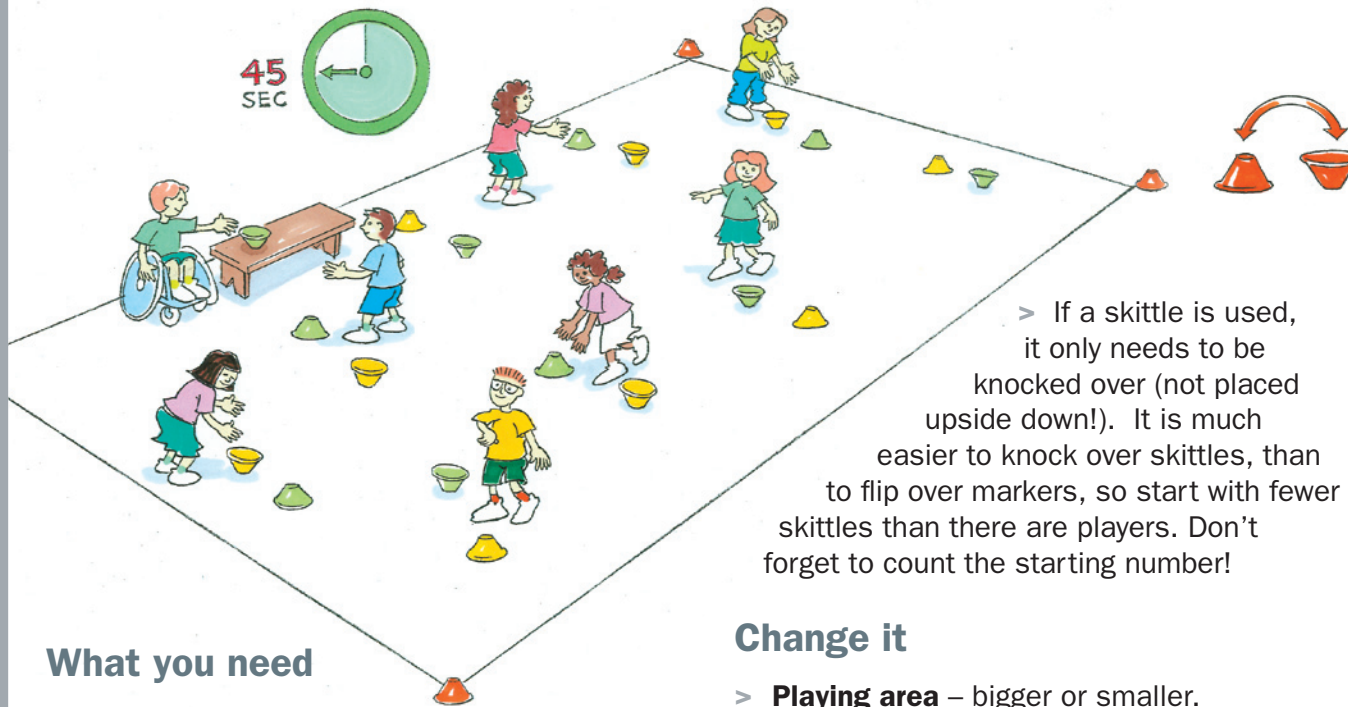


Skills > Energiser · Agility · Looking ahead

Flip it

B

2 groups. Each player has a marker. Half the players place their markers with the round side up and the other half with the round side down (dish up). On a signal, players run around trying to flip over the other group's markers to match their own.



> If a skittle is used, it only needs to be knocked over (not placed upside down!). It is much easier to knock over skittles, than to flip over markers, so start with fewer skittles than there are players. Don't forget to count the starting number!

What you need

- > A marked playing area
- > One dome shaped marker per player or alternative (e.g. skittles or cones)

What to do

- > Divide the players into 2 groups, see e.g. Start out WC 01b, 02a.
- > Play for a set time, e.g. 45 seconds.

Change it

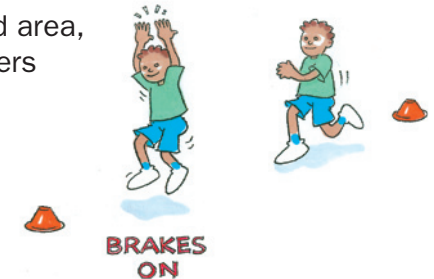
- > **Playing area** – bigger or smaller.
- > **Separation** – vary the separation between markers.
- > **Teams** – partition the playing area and have smaller teams, e.g. 4 v 4.
- > **Uneven numbers** – use the first round as a basis for changing numbers.
- > **Flip and run** – flip the marker and run to a corner.

> Vary the locomotion.



Safety

- > Players should adopt actions to avoid bumping heads – **look short and look long.**
- > Use a 'braking' activity – as a player approaches a marker, they do something to slow down, e.g. jump and clap.
- > In a confined area, restrict players to walking.



Scoring

- > Whichever group has the most domes or dishes standing at the end wins.

LESSON LINK

Flip it is a high-energy warm-up activity that requires agility and the ability to look one step ahead. A good lead-in to fielding games.