



Physical Activity Lesson Plan-Cone Hole

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This activity is similar to cornhole, but uses more practical equipment that you may have in your program. Students will work in teams to score points.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

2 Cones per group

2 hula hoops per group

4-6 beanbags per group (depending on how many you have)

Lesson Objective #1:

To correctly underhand toss a beanbag with accuracy.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask if anyone has ever played cornhole. Explain that it is a game you can play at bbq's, at your house in the backyard, or they do have competitions if you wish to compete at a higher level.

Instructions:

SET-UP:

1. Place a hoop on one end with a cone turned on its side, inside the hoop. The bottom of the cone should be turned over and facing across the room so that the other team can possibly throw a beanbag into the open bottom part of the cone.
2. Do the same set-up directly across from the first one. (Just like cornhole would be set up)
3. Give each group 4-6 beanbags. Each playing area will have 2 teams playing, 2 vs. 2. The teams will use the same beanbags.

RULES:

1. Each team will stand with their partner on one side (unlike cornhole).
2. Both members will take turns throwing 4-6 beanbags each at the opposite hoop and cone. (Partner A throws 1, Partner B throws 1, Partner A throws their second beanbag, Partner B throws their second beanbag)
3. If they land a beanbag in the cone, it is worth 3 points. If they land a beanbag in the hoop, it is worth 1 point. Anything outside of the hoop, is worth 0.
4. After one team throws and counts up their points, the other team will pick up the beanbags and throw back toward the opposite hoop/cone area.
5. Teams will keep doing this until they reach 21 points, or until you rotate them to play against another group.
6. Set-up a round robin tournament so all teams get to play each other. At the end, the team with the most wins will be the Cone Hole Champion.

Checking for Understanding:

Observe to make sure students are following rules and understand the point system. Also watch to make sure they are tossing the beanbags correctly; underhand and stepping with opposite arm and leg.

Lesson Adaptations

Time Adaptations:

If short on time, only play part of the tournament and continue into the next day or two if needed.

Location Adaptations:

This can be played inside or out in any open space. If you do not have enough hoops, you could use lines on the floor. If you do not have enough cones, you could use milk crates, small trashcans, etc. to serve as the cone.

Age Adaptations:

K-1: Keep the points simple: in hoop is 1 pt., in cone is 2 points. You could use a scoresheet where they write it down or use popsicle sticks that they can grab one for each point they get. You could also not score, and they will be just as happy to play. If not score, just rotate teams so they get to play other teams. Use a time limit instead of a score.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: