



# Flip it

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.

## What you need

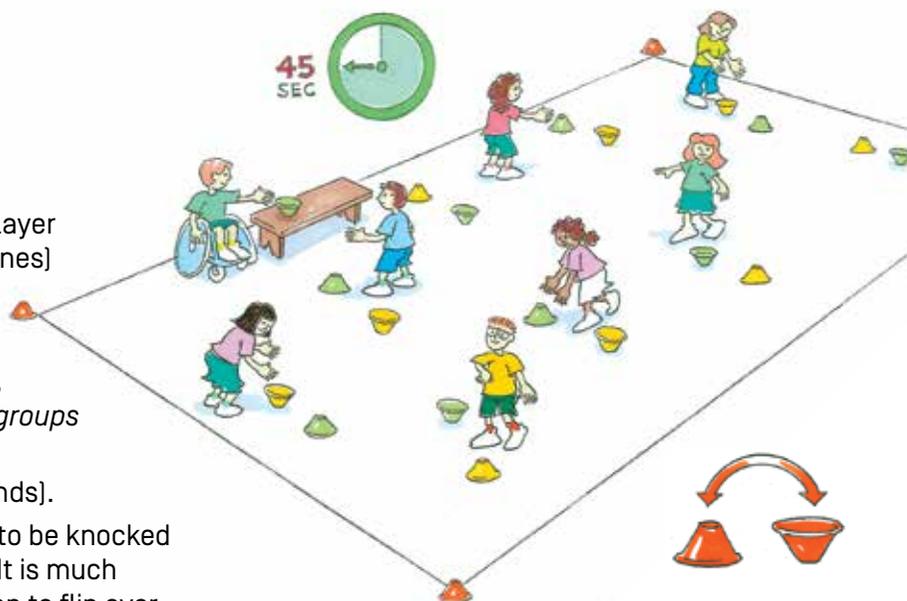
- > A marked playing area
- > One dome shaped marker per player or alternative [e.g. skittles or cones]

## What to do

- > Divide the players into 2 groups, see *Form a group* and *Birthday groups* for group formation ideas.
- > Play for a set time [e.g. 45 seconds].
- > 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!

## 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].



## Scoring

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

- > **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 movement.**

## 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.

## Ask the players

- > How did you know which dome you should head for to turn over/up?
- > How did you avoid running into other players?
- > Demonstrate different ways that you can warn other players that you are going to change direction or stop. Why is it important to use different ways to communicate changes?
- > Why is it important to know when someone is going to change direction or stop?

## LEARNING INTENTION

The focus of this activity is on spatial awareness and peripheral vision [e.g. knowing where other players are in the relation to the direction they are moving].

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS  
AGILITY

SAFETY AND RISK  
REASONING

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25  
ACPMPO43