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## Volcanoes and Craters

Sponsored by Table Tennis England



**Overview:** A frantic game for two or more people that's both inclusive and competitive.

**Time:** 15 minutes.

**Equipment required:** A collection of cones, plastic cups or something similar. There should be more items than players and an even number.

### Benefits:

- Competitive, without singling out or putting pressure on individual players.
- Improves hand-eye co-ordination.
- Build reaction times and reflexes.

### How to play:

1. Lay down shallow cones or cups in an open space, half of them face up, half of them face down.
2. Create two teams (a team of one is fine!) and have them stand either side of the cones in the middle.
3. Team 1 has to turn the cones/cups face up. Team 2 has to turn the cones/cups face down.
4. Each cone is worth one point for their team.
4. Once the timer stops, count up the number of cones to find the winner.

### Tips:

1. All players have to sidestep into the middle and between cones.
2. Players can't turn over the same cone repeatedly.
3. To make it harder, introduce the rule that all players have to sidestep back to their team's side after each cone they turn.
4. Introduce two more cones/cups that are a different colour or look different - these are worth 3 points each!
5. If one team is constantly winning, mix up the players.