

Kupe

(Cones)



Aim of the game: To collect all walnuts by knocking over all of the cones - walnut towers.

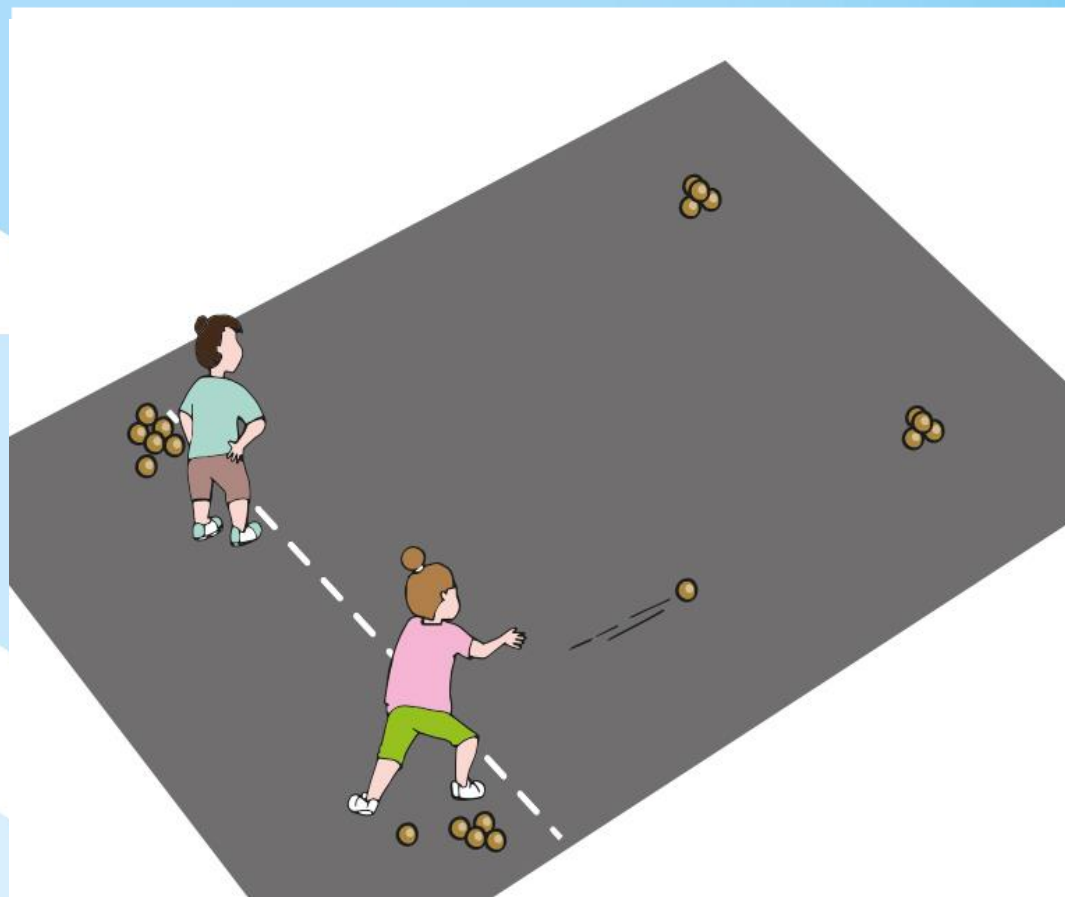
Set up: Any outdoor surface.

Rules:

Usually the players agree on the rules just before the game starts. Each competitor should have a minimum of 10 walnuts. At the beginning of the game, each player creates a cone made of 4 walnuts (3 of them as a base on the ground and one placed on top of them). Cones are placed in the form of a rhombus with some distance between them. The line from which the players throw their walnuts is placed 3-5 m away from the cones.

The player who has less walnuts starts the game. If they have equal number of walnuts, the players compete to be the first to play: from the cones, they throw walnut as close to the line as possible. The one whose walnut is closer to the line plays first.

When one player manages to strike a cone, he has the right to take the whole cone which was hit down and takes the next turn to play. In case he misses he goes to collect his walnut and then the other player takes his turn to play. The game continues until all cones are knocked over. If no one manages to hit the cone, each player places one additional cone. They repeat the game to determine who is playing the first. The game lasts until one of the players wins all the walnuts.



Equipment and Materials: Big walnuts in shells (chestnuts or rounded stones can be used as replacement)

Age:
3+

Number of players:
2+ in equal teams

Duration:
Unlimited

Kupe

(Cones)



Let's Inclusivize TSG!

Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams
3. Complete a walk through the playing area
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game
6. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. A range of throwing equipment can be used that varies in weight, size, speed, texture, density etc. (e.g. small, soft balls like bocchia balls; beanbags)
2. Use a ramp to assist with rolling a ball
3. A larger target can be used
4. Audible equipment can be used (e.g. bell or rattle balls, place a buzzer at the cones)
5. Brightly coloured equipment can be used

Rules

1. Introduce a time limit
2. Create a bonus point system
3. Vary the way the walnuts are thrown (e.g. with one eye closed, standing on one leg)



Environment

1. A range of throwing equipment can be used that varies in weight, size, speed, texture, density etc. (e.g. small, soft balls like bocchia balls; beanbags)
2. Use a ramp to assist with rolling a ball
3. A larger target can be used
4. Audible equipment can be used (e.g. bell or rattle balls, place a buzzer at the cones)
5. Brightly coloured equipment can be used



Deutsche Sporthochschule Köln
German Sport University Cologne



UNESCO Chair "Transforming the Lives of People with Disabilities, Their Families and Communities, Through Physical Education, Sport, Recreation and Fitness"