



Exercise Information sheets

Cone running exercises

You can use:

- Cones / Agility poles
- Chalk lines on cement or decking
- Taped lines indoors
- Toys placed in a line



How to move:

- Weave in and out of the cones
- Run forwards to the end and run backwards – decrease the number of cones you run to each time
- Side shuffle or even bear crawl forwards and backwards

Challenge:

- Run with high knees
- Touch the ground on each side as you weave
- Decrease distance between cones when zigzagging to tighten movements

Simplify:

- Place the cones in a zig zag pattern rather than a straight line to provide a visual cue when running to them
- Play follow the leader to provide another visual cue

Engage:

- Build into a larger obstacle course
- Set cones in a square or a circle shape – with a ball at each point. Start in the middle and run, shuffle, crawl to each point to collect the ball. Return to the centre each time.
- Race a sibling or time yourself

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