

TEAM SKILLS CONE-QUEST

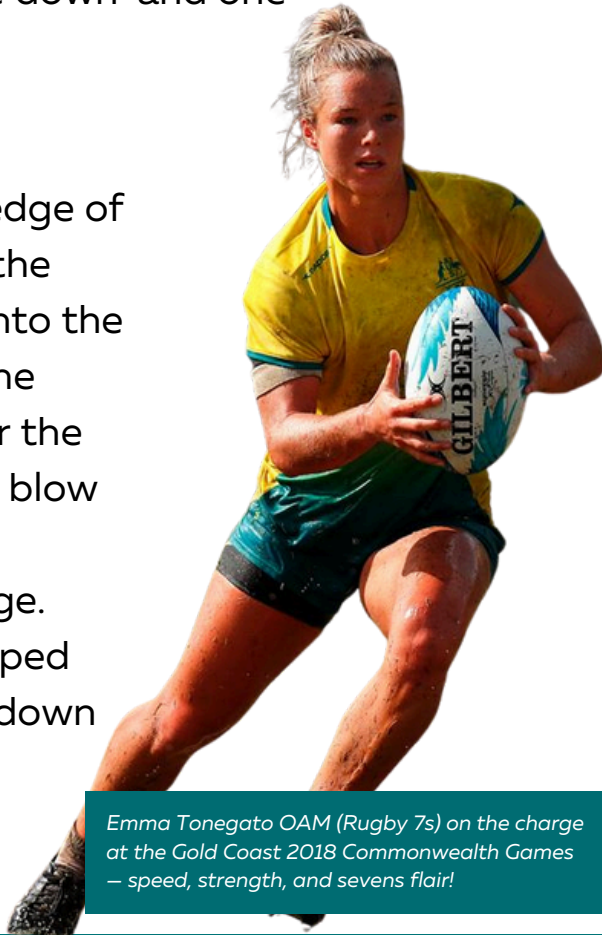


Set Up

Mark out a playing area and form two teams. Spread out a number of cones across the playing field, some upside down, some the right way up. Assign one team 'upside down' and one team 'right way up'.

Playing the game

All players start on the edge of the playing field. When the whistle blows they run into the area and start flipping the cones to score points for the team. After 60 seconds, blow the whistle again and all players return to the edge. Whichever team has flipped the most cones (upside down or right way up), wins.



Emma Tonegato OAM (Rugby 7s) on the charge at the Gold Coast 2018 Commonwealth Games – speed, strength, and sevens flair!

TEAM SKILLS CONE-QUEST



15 - 30 MINS



INDOOR
OUTDOOR

Equipment

- Large stack of cones
- Bibs (enough to make 2 teams)

Change it up!

- Give the teams time to strategise between rounds and create a plan to win.
- Players enter the pitch one at a time, flip a cone and then run back and tag a teammate for their turn.
- If you are using tall cones (witches hats), make the 'right way up' team smaller than the upside-down team.



TEAM SKILLS HIGH FIVE

Set Up

Mark out a playing area and form two teams. Provide one ball. All players start on the playing field, and one team starts with the ball.

Playing the game

Start the game on the whistle. Each team is trying to make 5 consecutive passes without having the ball stolen. Once the ball is stolen the other team can try and make 5 passes. The count resets each time the ball is stolen.



The Kookaburras celebrate their dominant 7-0 gold medal win over India at the Birmingham 2022 Commonwealth Games. The teams seventh straight Commonwealth Games hockey crown!

TEAM SKILLS HIGH FIVE

15 - 30 MINS



OUTDOOR

Equipment

- Cones to mark out a playing area
- Ball for passing
- Bibs (enough to make 2 teams)

Change it up!

- Make it 3 passes instead of 5.
- Use a different ball: you could try a rugby ball, a tennis ball, a netball or even a beach ball.
- Once the ball is caught the ball holder can't move their feet (like in netball).



The Australian Women's T20 Cricket team shares the win with high fives and smiles after their thrilling performance at the Birmingham 2022 Commonwealth Games.

TEAM SKILLS MEDAL-MEDLEY

Set Up

Mark out a playing area and place two hula hoops on the ground at either end. Put in a large number of small balls or bean bags (the medals) in each hoop. Divide the group into two teams, one for each hoop.

Playing the game

All players start at their hula hoop. When the whistle blows, the players run to the hula hoop at the other end and steal a 'medal'. They return the medal to their own hoop. After 60 seconds, blow the whistle to end the game. The team with the most medals wins.

Emma McKeon AM (Swimming) shines bright with her stunning medal haul from the Birmingham 2022 Commonwealth Games. A golden legacy in the making.



TEAM SKILLS MEDAL-MEDLEY

15 - 30 MINS



INDOOR
OUTDOOR

Equipment

- 2 x hoops
- 20+ small balls or bean bags

Change it up!

- Make different colours worth different points.
- Players can take more than one medal at a time.
- If a player carrying a medal is tagged, they must give it back.
- Start with all the medals in a third hula hoop in the middle of the playing area.



TEAM SKILLS

THE KING'S BATON



Set Up

Mark out a circle on the ground. In the middle place a hoop with the wickets in the centre and the relay baton (the King's Baton) on top. Create 2 teams of 2 people. One team stands inside the ring of cones, the other team stands outside the ring of cones holding the ball.

Playing the game

The team on the outside is aiming to knock the King's Baton off the wickets with an underhand throw. If the team on the inside capture the ball, or if the team on the outside is unsuccessful after 3 attempts, they swap places. Play at least 3 rounds. The team with the most points wins.



Sam Fricker (Diving) holding the Queen's Baton during its 2022 visit to Australia – now known as the King's Baton.

TEAM SKILLS

THE KING'S BATON



20-40 MINS



OUTDOOR

Equipment

- Cones
- Hoop
- Cricket wickets
- Tennis ball (or similar)
- A relay baton

Change it up!

- Change the number of rounds
- Change the number of players
- Change the ball for a netball
- Put the baton on something easier to knock over like a witch's hat or something harder to knock over like a softball T.



Dawn Fraser AC MBE (Swimming) proudly holds the Queen's Baton (now the King's Baton) symbolising a legacy of Commonwealth spirit.

TEAM SKILLS TAIL TAG



Set Up

Mark out a playing field with the cones. Give all but one player (the tagger) and cloth to tuck into their waistband with a long strip trailing behind them.

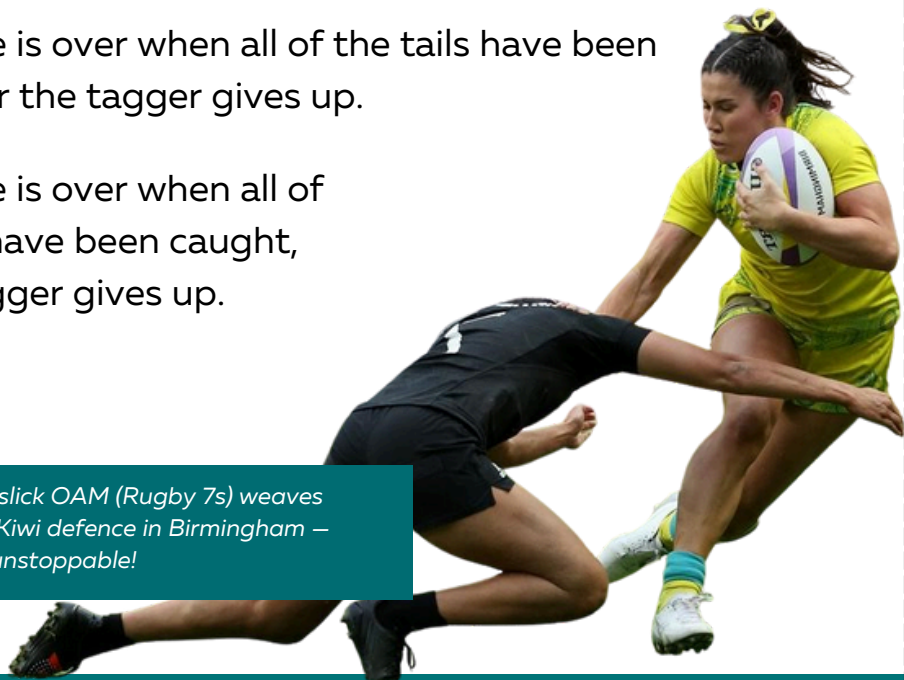
Playing the game

The game starts on the whistle. The tagger tries to capture the players' tails. When a player has their tail caught, they are out and return to the sideline.

The game is over when all of the tails have been caught, or the tagger gives up.

The game is over when all of the tails have been caught, or the tagger gives up.

Charlotte Caslick OAM (Rugby 7s) weaves through the Kiwi defence in Birmingham – slick, sharp, unstoppable!



TEAM SKILLS TAIL TAG



10 - 20 MINS



INDOOR
OUTDOOR

Equipment

- Cones
- Bibs or strips of cloth to use as tails

Change it up!

- Start with more than one tagger.
- Make the playing field smaller or bigger.
- When your tail is captured, you join the taggers.
- When the tagger captures a tail, they sit out, and the player with no tail becomes the tagger.



TEAM SKILLS

TEAM AUSTRALIA



TEAM SKILLS

TEAM AUSTRALIA



Set Up

Mark out a large circle with cones. Most of the players stand on the circle (Team Australia), and two players (interceptors) stand in the middle.

Playing the game

The players on the outside of the circle pass the ball while the players inside the circle try to intercept. As Team Australia pass, they spell out AUSTRALIA, (the first catch is A, the second catch is U etc.) If the ball is dropped or intercepted one interceptor joins Team Australia, and the player who lost the ball moves into the circle.



The Diamonds, Australia's netball team, pose proudly with the Aussie flag ahead of their Birmingham 2022 Commonwealth Games campaign.

10 - 20 MINS



INDOOR
OUTDOOR

Equipment

- Cones
- A ball for passing

Change it up!

- Make it so Team Australia cannot pass to the person next to them.
- Choose longer or shorter country names (i.e. Team England, or Team Trinidad and Tobago).
- Add more interceptors in the circle.
- Use a rugby ball, volley ball, or basketball.



Laetisha Scanlan OAM, Australian trap shooting star, proudly holds the flag at the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS

TEAM TANGLE



Set Up

Make teams of 6-10 and have them stand in a close circle. Each player reaches across the circle to hold hands with two different people making a tangle of arms in the middle.

Playing the Game

The goal is to untangle without letting go of hands, working together to return to a circle. Encourage players to communicate, step over, duck under, and move carefully to untwist. If they get too tangled, pause and restart with a new formation.



The Australian swim team, the Dolphins, huddle up after a golden finish in the 4x100m freestyle relay at Birmingham 2022, keeping their winning legacy afloat

TEAM SKILLS

TEAM TANGLE



15 - 20 MINS



INDOOR
OUTDOOR

Equipment

No equipment needed.

Change It Up!

- Make smaller or larger groups.
- Give players a time limit.
- Blindfold players in the tangle and have 2 players outside give verbal directions.
- Instead of holding hands, players can hold onto a loop of rope and they are not allowed to let go or change their grip.



Australia's Women's Rugby 7s team embrace in celebration after a hard-fought win at Birmingham 2022.

TEAM SKILLS ACROSS THE COMMONWEALTH



Set Up

Have all the players stand in a circle shoulder to shoulder.

Playing the Game

Players toss the ball across the circle to another player. If the ball is caught, everyone takes a step back. If the ball is dropped, everyone takes a step in. The game continues until the circle gets as large as possible.



The Kookaburras (Hockey) unite in a focused team huddle before their grand final clash at the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS ACROSS THE COMMONWEALTH



10 - 20 MINS



INDOOR
OUTDOOR

Equipment

- 1 ball
- large open space

Change It Up!

- Players call out a name before throwing the ball.
- Players have 3 seconds to pass.
- Every player must touch the ball once before someone can touch the ball a second time.
- Use a tennis ball, or a beach ball.



Delta Amidovski (Athletics) smiles on the podium with fellow athletes from England and South Africa at the 2023 Youth Commonwealth Games.

TEAM SKILLS

COMMONWEALTH COUNTRIES



Set Up

Split players into equal teams. 1-2 people are the guessers, and the rest are the spellers. The guessers stand a short distance away from the spellers.

Playing the Game

Provide the teams with the same name, without telling the guessers. Spellers must use their fingers, hands, arms, or bodies to spell the word. The first guesser to correctly read the word gets 1 point for their team. Play as many rounds as time allows, with different words each round.



Matthew Hauser (Triathlon) shares a moment of sportsmanship with fellow triathletes after winning bronze at the Birmingham 2022 Commonwealth Games.

TEAM SKILLS

COMMONWEALTH COUNTRIES



10 - 20 MINS



INDOOR
OUTDOOR

Equipment

List of Commonwealth country names

Change It Up!

- Short names for an easy challenge, long names for a harder challenge.
- Add a time limit or require teams to spell the name without speaking.
- Allow players to use props to help form letters.
- Provide guessers with a list of Commonwealth countries to help them out.



TEAM SKILLS KING'S CROWN

Set Up

4 to 6 players stand in a circle. Each player points their index fingers and extends their arms at the same height. Gently place a hula hoop (crown) on top of their fingers. Ensure no one hooks their fingers around the hoop or holds onto it.

Playing the Game

The team must work together to lower the crown to the ground without it falling. Players must adjust their pace to match their teammates to keep the crown balanced. If the crown falls, the team must start over from the top.

His Majesty King Charles III delivers an address at the Opening Ceremony of the Birmingham 2022 Commonwealth Games



TEAM SKILLS KING'S CROWN

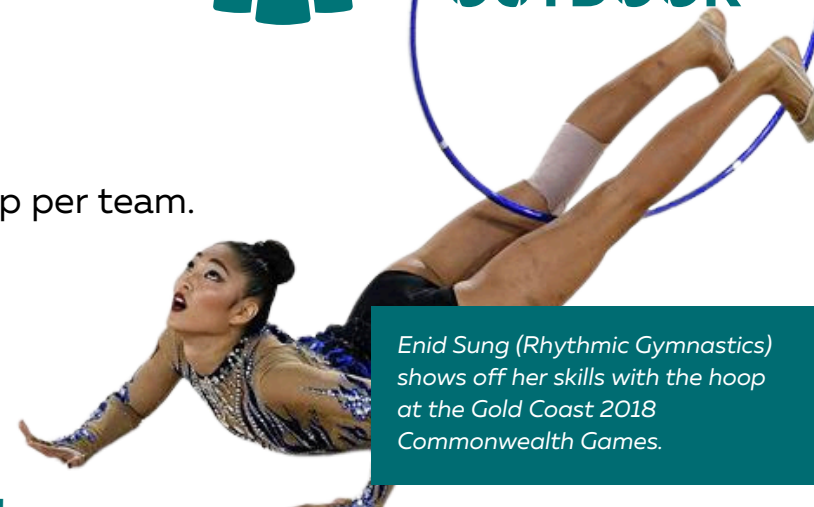
10 - 20 MINS



INDOOR
OUTDOOR

Equipment

One hula hoop per team.



Enid Sung (Rhythmic Gymnastics) shows off her skills with the hoop at the Gold Coast 2018 Commonwealth Games.

Change It Up!

- Have teams compete to see who can lower their crown the fastest without dropping it.
- Let teams go one at a time and record their times to see who is the fastest.
- Players must stay silent while lowering the crown.
- Allow players to kneel or sit while lowering the crown if needed.
- Have one player, the King sit in the middle to be crowned.

TEAM SKILLS PASS THE ENERGY



Set Up

Players stand in a circle. 1 player to starts the energy by clapping their hands once while making eye contact with another player.

Playing the Game

The first player passes the energy by making eye contact with another person and clapping once. That player immediately claps once and passes the energy to another person. The goal is to keep the energy moving smoothly and quickly. If someone hesitates or claps incorrectly, the group restarts. The goal is to pass the energy to every person in the circle.



Ella Sabljak and Georgia Inglis (3x3 Wheelchair Basketball) share the energy in the sports inaugural competition at the Commonwealth Games.

TEAM SKILLS PASS THE ENERGY



10 - 20 MINS



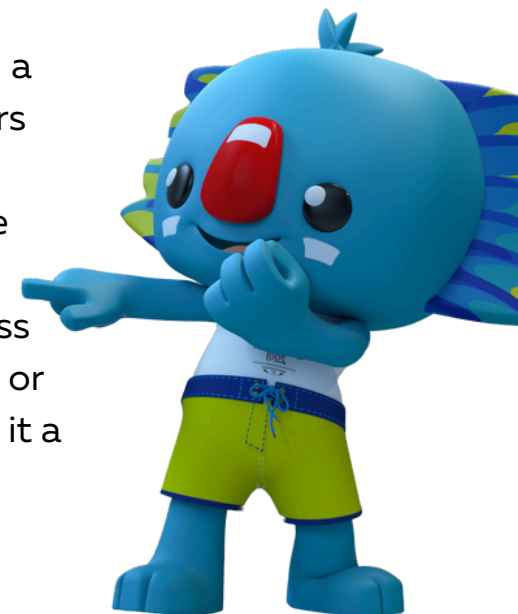
INDOOR
OUTDOOR

Equipment

None—just focus, teamwork, and quick reactions!

Change It Up!

- If a mistake happens, the player does a quick movement (like a spin, squat, or jump) and keeps playing.
- Add a second energy (a click, a wave, a point) so more players are active at once.
- No passing the energy to the person next to you.
- Time how long it takes to pass the energy around the circle, or split into 2 groups and make it a race.



TEAM SKILLS

STEPPING STONES



Set Up

Make teams of 4–6. Each team needs 2 mats. Mark a start line and a finish line across the playing area.

Playing the Game

The team must work together to move from the start to finish line without touching the ground. Players must stand on the mats and work together to move one mat forward, step onto it, then move the other mat forward. If someone touches the ground, the whole team goes back to the start and tries again. The first team to reach the other side wins!



TEAM SKILLS

STEPPING STONES



15 - 20 MINS



INDOOR
OUTDOOR

Equipment

Two mats per team (fabric squares, hula hoops, or pieces of cardboard work too).

Change It Up!

- Teams try to beat their best time.
- Players can't talk.
- Teams get more smaller mats, or just one mat.
- Place obstacles (cones, benches, etc.) that teams must navigate around.
- One player is blindfolded and must rely on their teammates for guidance.



Danielle Prince (Rhythmic Gymnastics) in full flight during her routine at the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS JUMPING RELAY



Set Up

Make teams of 4–6. Set up a start and finish line (10–15m apart). Optional: Layout an obstacle course that players need to jump through.

Playing the Game

Choose a jumping style (hop, two feet, one-foot etc.). Players take turns to jump through the relay to the end, turn around and return to tag their teammate. The first team to have all players complete the jumping challenge wins.



Brandon Starc (Athletics) soars in the high jump at the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS JUMPING RELAY



15 - 20 MINS



INDOOR
OUTDOOR

Equipment

- cones
- hoops

Change It Up!

- Each team member uses a different style of jumping (hop, two feet, one foot) to complete the course.
- Teams race to beat their best time.
- Add obstacles (such as cones to zig-zag through, or hoops to jump from one to the next) that players must navigate.



Nina Kennedy OAM (Athletics) soars in the pole vault at the Birmingham 2022 Commonwealth Games.

TEAM SKILLS

MIRROR MOVEMENTS

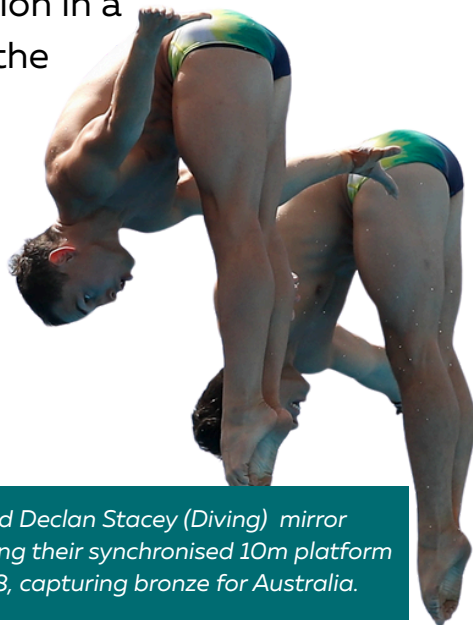


Set Up

Make pairs. Have the pairs stand facing each other, with enough space to move freely without bumping into others.

Playing the Game

One player in each pair is the leader, and the other is the mirror. The leader starts by moving in any way they like (e.g. jumping, spinning, swaying, stretching, or walking slowly). The mirror must copy the leader's movements exactly as if they were a reflection in a mirror. After about 2 minutes, the pairs switch, with the mirror becoming the leader.



Domonic Bedggood and Declan Stacey (Diving) mirror each other mid-air during their synchronised 10m platform dive at Gold Coast 2018, capturing bronze for Australia.

TEAM SKILLS

MIRROR MOVEMENTS



10-20 MINS



INDOOR
OUTDOOR

Equipment

No equipment needed, just enough space for players to move freely.

Change It Up!

- Introduce more complex movements such as changing heights, or speed.
- Make larger groups where player 2 copies player 1, and player 3 copies player 2, etc.
- Do the activity without speaking to encourage better focus and non-verbal communication.
- Add music, to follow.
- Add rhythmic sounds like clapping or tapping.

TEAM SKILLS

RPS CHEER



Set Up

Spread players out in a large space with room to move around.

Playing the Game

Players pair up to play Rock, Paper, Scissors against each other. The winner of each match finds a new opponent, while their previous competitor follows them, cheering them on as the tournament continues. As the rounds progress, the winners accumulate more supporters, creating a group of cheering teammates. When there are only two players remaining, they will compete in the final round to determine the overall champion.



The Australian Diamonds (Netball) cheer during the Birmingham 2022 Commonwealth Games, where they claimed victory over Jamaica.

TEAM SKILLS

RPS CHEER



10 - 20 MINS



INDOOR
OUTDOOR

Equipment

No equipment needed other than space to move freely.

Change It Up!

- Best 2 out of 3
- The winner takes one supporter rather than the whole team (to extend the game).
- Supporters can challenge other supporters and if they win, steal them for their own team.



TEAM SKILLS

RELAY BALL STACK



Set Up

Make teams of 4-6. Set up a line of 5-10 cones per team. Each team will need as many balls as they have cones.

Playing the Game

On go, the first player on each team runs to the first cone in line and places the ball on the cone before returning to their team. The next player runs to the second cone and so on. Each player must add a new ball to the cone line until they have added all the balls to the cones. If a ball roles off the next person to run must fix it. The first team to stack all their balls on the cones wins.



Australia's track cycling team show off perfect relay precision during the Birmingham 2022 Commonwealth Games.

TEAM SKILLS

RELAY BALL STACK



15 - 30 MINS



INDOOR
OUTDOOR

Equipment

- large balls (soccer, volleyball etc)
- cones

Change It Up!

- Use different sizes of balls (basketball, squash ball, volleyball, etc.).
- arrange the cones in a zig-zag or circular pattern.
- Teams race to beat their own times.
- Teams use one ball, with each player either balancing, or retrieving the ball.



Australia's women's 4x100m relay team (Athletics) celebrate bronze at the Birmingham 2022 Commonwealth Games.

TEAM SKILLS MEDAL TALLY



Set Up

Make teams of 5-8. For each team, place a bucket of medals at the starting line, and an empty bucket at the finish line.

Playing the Game

How many medals can your team take home? On go, the first player in each team picks up a medal and throws it into the empty bucket. After making their throw, they run back to the starting line and tag the next player, who then picks up the next medal to throw. Players continue to take turns throwing the medal into the bucket. The first team to successfully get all of their medals into the bucket wins.



Timothy Disken OAM, Timothy Hodge OAM, and Blake Cochrane OAM (Swimming) celebrate Australia's historic 1-2-3 sweep in the men's 100m Breaststroke SB8 at the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS MEDAL TALLY



15 - 30 MINS



INDOOR
OUTDOOR

Equipment

- 2 buckets or large containers per team.
- +20 medals (tennis balls, bean bags, etc).

Change It Up!

- Make the buckets closer, or further apart.
- Use bigger balls and bins.
- See how many successful shots each team can make in a set time.
- Make different coloured medals worth more points.
- Players can use time running close to the bucket, or attempt the shot from further back and risk missing.

TEAM SKILLS

CONE KNOCK DOWN



Set Up

Make teams of 4-6. Set up a row of 5-10 cones at the far end of the playing area. Mark a starting line 10-15m away. Provide each team with a ball.

Playing the Game

Each team must take turns rolling or throwing their ball toward the cones to knock them down. Players take turns rolling or tossing the ball from a designated starting line. After each throw, the player retrieves the ball and passes it to the next teammate, who then has their turn to knock down the cones.



Ashari Gill (Rhythmic Gymnastics) in action with the ball at the Birmingham 2022 Commonwealth Games, helping Australia to silver in rhythmic gymnastics.

TEAM SKILLS

CONE KNOCK DOWN



20 - 30 MINS



INDOOR
OUTDOOR

Equipment

- large ball (soccer ball, volleyball, etc.).
- tall cones

Change It Up!

- Limit players to rolling the ball.
- Give each team 1 blocker to protect the cones.
- Give cones of different colours different points values.
- Make the starting line closer or further away.
- If a player knocks down the 'golden cone' they can stand up 1 cone for the other team.

TEAM SKILLS HULA HOOP RELAY

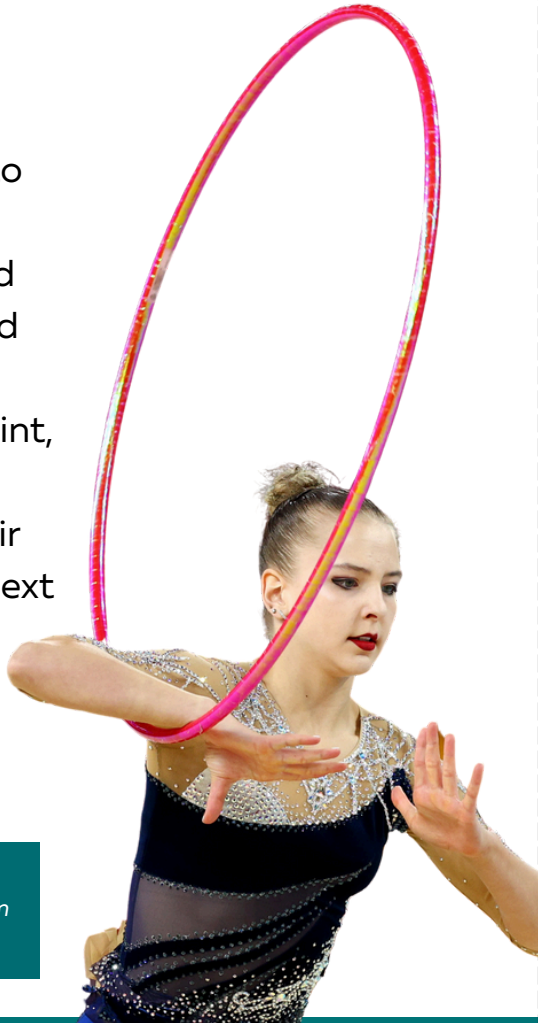


Set Up

Make teams of 4-6. Give each team a hula hoop. Set up a starting cone and a turn around cone 10-15m apart for each team.

Playing the Game

On go, the first player steps into the hula hoop at the starting point. They lift it over their head and back down to their feet and step through it again. They continue to the turn around point, stepping through the hoop as they go, and then return to their team to pass the hoop to the next player.



Lidiia Iakovleva (Rhythmic Gymnastics) performs her hoop routine at the Birmingham 2022 Commonwealth Games.

TEAM SKILLS HULA HOOP RELAY



15 - 30 MINS



INDOOR
OUTDOOR

Equipment

- 1 hula hoop per team
- 2 cones per team

Change It Up!

- If there are multiple teams, time each team to see who can complete the relay in the shortest time.
- Have one player hold the hoop in place while others pass through it, making it a team effort for each leg of the relay.



TEAM SKILLS PARTNER BALANCE RELAY



Set Up

Make teams of 4-6. Set up a starting line and finish line 10-15m apart.

Playing the Game

Each team pairs up their members into partner teams. Each pair of partners must complete the relay together by using a balance challenge. Partners balance together as they move from the starting line to the endpoint. This can be done in various ways:

- Back-to-back
- Side-by-side
- Toe-to-toe

If the pair breaks their balance, they must return to the start line and try again.



Christopher Remkes (Artistic Gymnastics) showing incredible balance and focus during the Gold Coast 2018 Commonwealth Games.

TEAM SKILLS PARTNER BALANCE RELAY



15 - 30 MINS



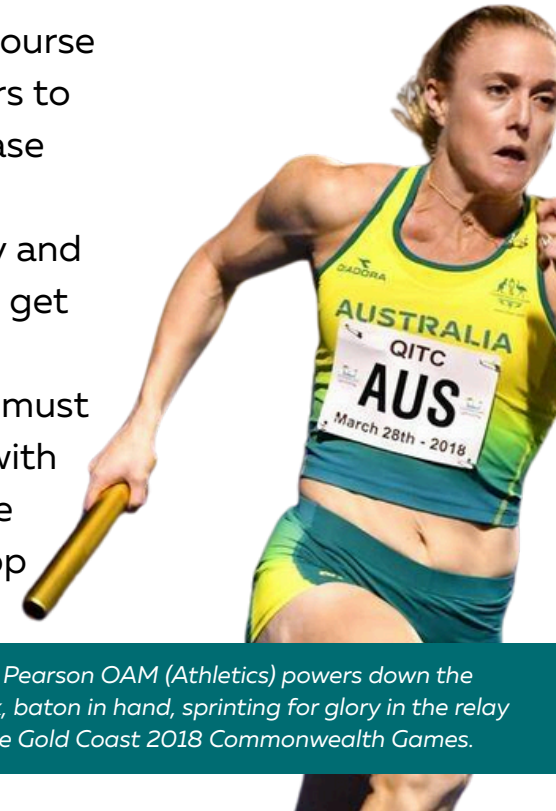
INDOOR
OUTDOOR

Equipment

- Cones or markers to define the starting line and endpoint.

Change It Up!

- Add obstacles along the course (e.g. small cones or markers to navigate around) to increase difficulty.
- Time each pair individually and add the times together to get the team's total time.
- Change the way the pairs must balance, such as walking with only one foot touching the ground or having them hop together in sync.



Sally Pearson OAM (Athletics) powers down the track, baton in hand, sprinting for glory in the relay at the Gold Coast 2018 Commonwealth Games.