

Three Cups and a Bone

Length of Activity: 35-40 minutes

Optimal Student Grade Level: 3-6

Steve's Notes: This can be an outdoor and indoor activity. Both versions are described below. This game is excellent for teaching the philosophy of team -work, communication and cooperation (TCC). • I ordered the bones through U.S. Games – they're called "Poly Parts" in the Catalog & cost around \$40.

Outdoor Game:

Workers may do any of these work tasks to earn three cups and bone:

- 60 Rope Jumps – team jump... three children – two swingers and one jumper. Any combination of the three finally reach 60 jumps and all three get to gather three cups and bone.
- 10 baskets – shoot till you make ten baskets
- 1/4 mile jog
- 30-50 P.F.A. steps – up/up – down/down
- 30-50 P.F. A. Modified Pull Ups
- 2 P.F.A. Regular Pull Ups
- 1 P.F.A. Red Pole Climb
- 1 down and up P.F.A. Horizontal Ladder
- 30-50 P.F.A. sit ups

Students let the teacher know when they have successfully completed a "work task" then take three cups and a bone to the builders. Put cups and bone where you think they belong. (Builders may move them) When you're done go do a different work task.

Builders – build the best skeleton you can and create the roundest circle of cups you can create. Emphasize to students importance of using TCC.. M If it is windy stack the cups on thin-topped pylons. Give each group 3 of these thin pylons.

Equipment — Hundreds of cups, two or more sets of Rubber Skeleton, six pylons, six basketballs and two long jump ropes (Thin pylons for cups to stack on when it is windy).

Players – A team for every set of bones. Teams will be broken into builders and workers. Generally three builders and the rest workers.

Builders – They put together the skeleton and finalize the placement of cups for the giant circle. Important for them to fuse good T.C.C. They make final placement decisions. Workers bring them the bones.

Workers – They do the work tasks that earn the right to gather "Three cups and a bone"

Procedure – Teacher goes over general builder, worker, team jobs and procedure

Teams – use T.C.C. in beginning... discuss strategy, problems ... pick builders.

Workers – do the work tasks that earn the cups and bones

Indoor Game

Builders job – same as “Outdoor Game” only build a pyramid instead of a giant circle with the cup

Workers Tasks

- 10 baskets = 3 cups and bones
- Lone jump ropes = 3 kids (same as outdoor)
- Partner Sit Ups – in a group of three kids working together come up with 60 legal sit ups. One kid does bent knee shoulder “X” sit ups. One kid holds feet and one kid cushions the head. Switch at any time and get to 60.
- Group Circle Toss – any group of five or more children that can do three clean circle tosses in a row. That group gets ten cups and two bones.

Workers and Builders may trade with T.C.C. negotiation and teacher permission.



For Three cups and a bone, yogurt cups are

- Much easier to collect
- Easier to store
- Lend themselves also to a great catch/balance lesson with "Tennis Balls lesson plan.
- Easy to get through most school cafeterias – check with your area hospital

32-oz cups are a little more exciting, but are very difficult to store as you need about 1000 to play the game.



Kindergarten balancing cups after a work out.



Pictured is 3 cups and a bone in action, using both yogurt and 32-oz cups. Please note the cardboard boxes in the background – these are homemade "steps for step aerobics. They have six cans in each.

Please scroll to next picture to see the steps



Cheap, good steps for Step Aerobics, or general work-out activities. Your lunch room can easily get you the cans and boxes.



Special Ed Participation

Often I let the Special Ed kids knock down the cups at the end, they love it! Most can easily participate at some adapted level.