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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Agility Relay | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate |
| **Description:**   * Split group into teams of 3 or 4. * Mark out relay course with cones. * Players take it in turns to zig-zag around cones. * Run to end cone and touch with hand. * High five team mate when they return and the next person goes. * Continue playing until everyone has had a go. | **Equipment: (Essential)**   * Cones | | **Equipment: (Useful)**   * Bibs (to separate teams) * Balls * Hula hoops |
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| **Variations:**   * Increase number of relays each player runs. * Add different obstacles to challenge participants. * Place a hula hoop at end of each relay. * Players stand in hoop and pull over their head and place in on the ground. * Introduce a ball to hold, bounce or dribble while running. * Bounce ball in hula hoop before returning to team. |
| **Keep an eye on:**   * Head Position * Footwork * Centre of gravity |
| **Other Benefits:**   * Turn taking * Team work / Connection | **Coach’s Comments:** | | |