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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Animals Walks | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance/  Agility |
| **Intensity Level:**  Moderate to High |
| **Description:**  On the coach’s command children perform different walks/runs   * + Bear (all fours)   + Kangaroo (hop)   + Crab (all fours belly up backwards)   + Eagle (arms spread)   + Crocodile (all fours plus tummy)   + Frog (squat and jump)   + Chicken (squat and run)   + Daddy Long Legs (all fours very wide) | **Equipment:**   * None | | |
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| **Variations:**   * Play a game of tig: bears vs crocodiles or other combinations * Relay races * Ask a child to lead |
| **Keep an eye on:**   * Limb strength needed to perform some of the walks * Take-off and landing on jumps * Height/location of COG |
| **Other Benefits:**   * Body/Core strength | **Coach’s Comments:** | | |