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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
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| **Keep an eye on:*** Limb strength needed to perform some of the walks
* Take-off and landing on jumps
* Height/location of COG
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| **Other Benefits:*** Body/Core strength
 | **Coach’s Comments:** |