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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Cat and Mouse | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  A game of ‘tig’ in a marked area with the catcher/s being referred to as the ‘cat/s’ and those being chased being referred to as the ‘mouse/mice’. Once the mice are caught they become ‘cats’ and attempt to catch the remaining ‘mice’. | **Equipment:**   * Cones or markers | | |
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| **Variations:**   * Method of travel for cat or mouse (E.g. jump, hop, run, side steps etc.) * Pair up one cat and one mouse, the cat chases their nominated mouse trying to stay as close as possible without touching. When the coach shouts change, they change roles. * Change space available to increase or reduce difficulty for mice or cat/s. |
| **Keep an eye on:**   * Ability to start, stop and change direction. * Ability to avoid others. |
| **Other Benefits:**   * Confidence development as children have opportunities to achieve success either through avoiding being caught or through catching, as their participation in the game continues. | **Coach’s Comments:** | | |