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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.
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| **Keep an eye on:*** Ability to start, stop and change direction.
* Ability to avoid others.
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| **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:** |