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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Cone and Ball 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 players
* Set up relay race with cones approx. 10 metres apart.
* Place a tall cone and ball at the start line.
* Players hold cone upside down and place ball into cone to resemble an ice cream cone shape.
* Players race to the far cone and back again.
* Pass the Ice cream to the next player on their team.
* Each player runs twice.
* First team to have all players back are the winners.
 | **Equipment:*** Tall Cones
* Dish cones
* Balls (various sizes)
* Hula hoops (optional)
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| **Variations:*** Different obstacle relays.
* Players can zig-zag around cones during race.
* Use hula hoops to step through at end of race.
* Dribble a ball at the same time
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| **Keep an eye on:*** Teamwork
* Head Position
* Balance
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| **Other Benefits:*** Learning rules / Character & Caring
* Turn Taking
 | **Coach’s Comments:** |