|  |  |  |  |
| --- | --- | --- | --- |
| **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) | | |
|  | | |
| **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 |
| **Keep an eye on:**   * Teamwork * Head Position * Balance |
| **Other Benefits:**   * Learning rules / Character & Caring * Turn Taking | **Coach’s Comments:** | | |