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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Domes & Dishes | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate |
| **Description:**   * Movement warm up activity for teams. * Divide the group into two. * Place 30 + cones in the area. * Half the cones ‘face down’ called Domes the other half ‘face up’ called Dishes * For 2 minutes one group must turn over as many Domes as possible while the other group must turn over as many Dishes. * Coach counts who has the most at the end. | **Equipment:**   * Cones | | |
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| **Variations:**   * Add more cones * Shorter space of time e.g. 30 seconds * Spread the cones out more. * Restrict travel (hop, skip, etc) * Weak hand only |
| **Keep an eye on:**   * Body position * Movement skills * Balance |
| **Other Benefits:**   * Teamwork / Connection * Communication * Awareness | **Coach’s Comments:** | | |