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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Fast Feet | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate |
| **Description:**   * Exercises to develop fast feet movements. * Around the hall set up stations for ladders / hurdles / cones / hoops. * Split into groups and let everyone try the feet movements through the equipment. * Design relays with the equipment and run team races. | **Equipment:**   * Ladders * Cones * Hurdles | | |
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| **Variations:**   * Timed runs against the clock * Introduce balls when running e.g. running with a rugby ball * Let the children design their own relays. |
| **Keep an eye on:**   * Running technique * Coordination |
| **Other Benefits:**   * Confidence in the movement * Teamwork / Connection | **Coach’s Comments:** | | |