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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.
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| **Keep an eye on:*** Running technique
* Coordination
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| **Other Benefits:*** Confidence in the movement
* Teamwork / Connection
 | **Coach’s Comments:** |