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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Foxes Tails | **Target:**5-6 / 7-8 Can introduce ball work to challenge 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:*** Mark out Grid with cones.
* Split group into 2 coloured teams. E.g. Blue vs. red.
* Each player tucks a coloured bib into their waist or tag belt wrapped around waist. (to represent a fox tail)
* Teams compete against each other to pull all tails from opposing teams
* First team to obtain all fox tails are the winners.
 | **Equipment:*** Cones
* Bibs or tag belts
* Balls (basketballs or footballs)
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| **Variations:*** Begin with 1 catcher and increase catchers with each game.
* If caught then you become a catcher.
* Introduce safe zones were you cannot be caught.
* Different types of movement, hopping, jumping.
* Every child for him/herself
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| **Keep an eye on:*** Movement quality
* Character building by emphasising no cheating.
* Spatial awareness
* Height of centre of gravity
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| **Other Benefits:*** General Fitness
* Teamwork / Connection
 | **Coach’s Comments:** |