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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 |
| **Keep an eye on:**   * Movement quality * Character building by emphasising no cheating. * Spatial awareness * Height of centre of gravity |
| **Other Benefits:**   * General Fitness * Teamwork / Connection | **Coach’s Comments:** | | |