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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Top Gear | | **Target:**  3-4 / 5-6 | **FMS/FSS Main Category:**  Locomotion/Stability |
| **Intensity Level:**  Moderate to High |
| **Description:**  On a badminton court or half basketball court.  Coach explains the 4 gears: 1. Walk 2. Jog 3. Run 4. Sprint.  Coach calls different gears as the children move around avoiding each other. | **Equipment:**   * Cones | | |
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| **Variations:**   * Allow one of the kids to call the gears * Get children to give each other hi-lo 5s and call each other’s names * Use different types of walks (hop, skip, high knees, butt kicks, instep touch, outside touch) * animals walks |
| **Keep an eye on:**   * Children’s reactions to the changes * Running technique * Numbers and possibility of collisions |
| **Other Benefits:**   * Concentration * Spatial Awareness | **Coach’s Comments:** | | |