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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
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| **Keep an eye on:*** Children’s reactions to the changes
* Running technique
* Numbers and possibility of collisions
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| **Other Benefits:*** Concentration
* Spatial Awareness
 | **Coach’s Comments:** |