|  |
| --- |
| **Wildcats Activ8 Club Activity Breaker**  |
| **Activity Name:** Golden Child | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination Locomotion / Agility |
| **Intensity Level:**Moderate to High |
| **Description:*** Split the group in 2. One team is running the other team is shooting. Lay out 4 cones to build a baseball diamond. Each cone is a base. Runners line up behind first base.
* The shooting team lines up in front of the basket/goal/target and in turns takes a shot. As soon as the shooting team starts shooting, the first runner goes. If the shooting team scores before the runner makes it back to base the runner freezes wherever he/she is and the next runner goes. Every time a runner gets back to base they get a point. Play till all the players are frozen or to a set time and keep track of the runs.
* Key point! One of the runners is the golden child and he/she has the power to unfreeze people as he/she runs past them so they can get back in the game and complete their run. So obviously the shooting team wants to freeze the golden child as soon as possible.
 | **Equipment:*** Balls
* Cones
 |
|  |
| **Variations:*** The shooting team could be shooting at a basket, bowling at the wickets, trying to score a goal, knocking a cone down, throwing a beanbag into a hoop, etc.
* If the teams are large, have two golden children
 |
| **Keep an eye on:*** Kids not understanding the rules
* Kids not freezing quickly and cheating
* Rate of success of the shooting team to adjust the size of the goal/distance
 |
| **Other Benefits:*** Cooperation / Communication / Connection.
* Concentration / Mental Development.
 | **Coach’s Comments:** |