|  |  |  |  |
| --- | --- | --- | --- |
| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Grandma’s Footsteps | | **Target:**  3-4 / 5-6 | **FMS/FSS Main Category:**  Stability / Balance |
| **Intensity Level:**  Low |
| **Description:**  Children start at the opposite end to the coach. The aim of the game is to get to where the coach is standing first. A child can only run when the coach’s back is turned and has to come to a stop as soon as the coach turns around. If the coach sees a child stumbling or losing balance, they have to go back to the start line. | **Equipment:**   * None needed unless cones are needed to mark the start and finish lines | | |
|  | | |
| **Variations:**   * Using different ways to travel: skipping, hopping, bear/crab walk... * Dribbling a basketball, football, hockey ball… * Try doing it in 2s holding hands * One child plays grandma |
| **Keep an eye on:**   * Narrow bases * High CoG * Lack of counterbalance * Lack of concentration * Cheating |
| **Other Benefits:**   * Respect for rules/honesty * Visual Awareness | **Coach’s Comments:** | | |