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| **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
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| **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
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| **Keep an eye on:*** Narrow bases
* High CoG
* Lack of counterbalance
* Lack of concentration
* Cheating
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| **Other Benefits:*** Respect for rules/honesty
* Visual Awareness
 | **Coach’s Comments:** |