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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Hit the Target | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate |
| **Description:**   * Target game with the aim of the children focussing on shooting at a target. * Work in pairs – one person with a hula hoop, partner standing 5 metres away has to throw the ball / beanbag through the hoop. * Partner now moves the hoop up and down to different levels, challenging the thrower. * Increase the distance apart from the target to 10 metres. | **Equipment:**   * Hoops * Balls / Beanbags * Cones | | |
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| **Variations:**   * Kick the ball at a target goal. Cone off the corners of the goal, can you get the ball into the coned area. * Using cricket stumps can you throw the ball, firstly to hit the both sets of stumps sitting side by side, and then take one set of stumps away to make a smaller target? * 5 turns each, who can get the most hits? |
| **Keep an eye on:**   * Body position in relation to the target. * Make the game achievable for the children, larger targets first. * Throwing / kicking technique. |
| **Other Benefits:**   * Concentration / Mental Development. * Focus on the target. * Confidence – you can score goals. | **Coach’s Comments:** | | |