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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?
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| **Keep an eye on:*** Body position in relation to the target.
* Make the game achievable for the children, larger targets first.
* Throwing / kicking technique.
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| **Other Benefits:*** Concentration / Mental Development.
* Focus on the target.
* Confidence – you can score goals.
 | **Coach’s Comments:** |