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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Ice Cream! | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination  Agility |
| **Intensity Level:**  Low to Moderate |
| **Description:**  In pairs, one child throws/kicks/hits and the partner tries to catch the ball into the upturned cone | **Equipment:**   * Balls (different sizes/types) * High Cones | | |
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| **Variations:**   * Have the thrower complete a brief obstacle course before the throw (dribble, jump, etc.) * Have the cone holder compromise their balance (on one leg, etc.) |
| **Keep an eye on:**   * Throwing/Chipping for accuracy * Readiness of receiver |
| **Other Benefits:**   * Connection * Team work | **Coach’s Comments:** | | |