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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Knock Out | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Set up a cone approx. 3 metres from a basketball net. * Players line up behind the cone; first 2 players have a ball each. * First player in line takes a shot; if they score, they rejoin back of line. * If player 1 misses, and player 2 scores, player 1 is out. * The same happens if player 2 misses, and player 3 scores. Player 2 is out. * Players can either be eliminated in competition, or carry out a forfeit to rejoin the game. | **Equipment:**   * Basketball net/football net or target. * Basketballs/footballs/depending on which activity. * Cones | | |
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| **Variations:**   * Use football nets and have a penalty knock out. * Target practice for throwing events instead. * Give players lives. E.g. 3 and then eliminated. |
| **Keep an eye on:**   * Throwing technique * Foot placement * Peer encouragement |
| **Other Benefits:**   * Turn Taking / Character and Caring * Fun, enjoyable game | **Coach’s Comments:** | | |