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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.
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| **Keep an eye on:*** Throwing technique
* Foot placement
* Peer encouragement
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| **Other Benefits:*** Turn Taking / Character and Caring
* Fun, enjoyable game
 | **Coach’s Comments:** |