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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Mine Field  | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Scatter 30 + cones in a 10 x 10 area.
* Divide the groups into teams.
* Start with a trial run to see if the children can make their way through the cones without touching them with their feet.
* Set up a team race across the minefield.
 | **Equipment:** * Cones (ideally high)
* Balls
* Hockey Stick
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| **Variations:*** Cones placed tighter together.
* Children carry a ball through the mine field.
* 3 legged minefield challenge.
* Hockey dribble through the minefield.
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| **Keep an eye on:*** Body position
* Balance
* Change of Direction
* Not jumping over cones/mines
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| **Other Benefits:*** Awareness of space
* Teamwork / Connection
* Confidence
 | **Coach’s Comments:** |