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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. |
| **Keep an eye on:**   * Body position * Balance * Change of Direction * Not jumping over cones/mines |
| **Other Benefits:**   * Awareness of space * Teamwork / Connection * Confidence | **Coach’s Comments:** | | |