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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Mine Sweeper | **Target:** 5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Team game – who can sweep 4 mines (cones) the fastest.
* The coach calls a colour; the child must get 4 cones of that colour the fastest. When the 4th cone is lifted, he/she must stop and place the cones on their head.
 | **Equipment: Cones*** Various Colours of Cones
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| **Variations:*** Fast paced game, one colour at a time and the cone comes back to the team, for the winner.
* Time challenge – how many cones can you lift in 10seconds / 15seconds / 20seconds?
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| **Keep an eye on:*** Body position
* Balance
* Coordination
* Use of weak hand
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| **Other Benefits:*** Team work / Connection
* Awareness of Space
 | **Coach’s Comments:** |