|  |  |  |  |
| --- | --- | --- | --- |
| **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 | | |
|  | | |
| **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? |
| **Keep an eye on:**   * Body position * Balance * Coordination * Use of weak hand |
| **Other Benefits:**   * Team work / Connection * Awareness of Space | **Coach’s Comments:** | | |