|  |  |  |  |
| --- | --- | --- | --- |
| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** One Pin Bowling | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination  Agility |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * In pairs, children stand 10 metres apart with one high cone between them and one ball * They get a point for each time the hit the cone (throwing or kicking) | **Equipment:**   * Balls (different sizes/types) | | |
|  | | |
| **Variations:**   * Different throws: overarm, underarm, bounce, hip throw, rugby pass * Different kicks: instep/chip/punt/ * Shorter/Longer distance |
| **Keep an eye on:**   * Quality of the throw/kick |
| **Other Benefits:**   * Self-responsibility * Cooperation/Opposition | **Coach’s Comments:** | | |