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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** One Pin Bowling | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/CoordinationAgility |
| **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)
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| **Variations:*** Different throws: overarm, underarm, bounce, hip throw, rugby pass
* Different kicks: instep/chip/punt/
* Shorter/Longer distance
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| **Keep an eye on:*** Quality of the throw/kick
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| **Other Benefits:*** Self-responsibility
* Cooperation/Opposition
 | **Coach’s Comments:** |