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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Pop Corn Machine | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Coach stands in centre of hall/area.
* All balls/beanbags/cones also in centre (preferably in cage or large bucket)
* Coach shouts Popcorn and begins to throw out balls and beanbags 1 at a time.
* Players have to collect the items from around the hall as quickly as possible and return it to the cage/bucket. 1 item at a time.
* If coach empties the cage, then he/she wins.
* If players can return all the equipment within a certain time limit, they win.
 | **Equipment:*** Balls (all shapes and sizes)
* Cones
* Beanbags
* Large basket/cage
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| **Variations:*** Coach scatters everything at once and players have 60 seconds to retrieve all items.
* Alter time depending on difficulty.
* Players will attempt to beat their previous time.
* Cones/beanbags etc. can be used if balls not available.
* Losing team, Coach or players must do forfeit at the end.
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| **Keep an eye on:*** Quality of Movement skills
* Centre of gravity
* Spatial awareness
* Head Position
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| **Other Benefits:*** Fun, enjoyable, competitive.
* 1 team working together / Connection.
* End of session Tidy up!!
 | **Coach’s Comments:** |