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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. |
| **Keep an eye on:**   * Quality of Movement skills * Centre of gravity * Spatial awareness * Head Position |
| **Other Benefits:**   * Fun, enjoyable, competitive. * 1 team working together / Connection. * End of session Tidy up!! | **Coach’s Comments:** | | |