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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Quick Fire Jumps | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance/Agility |
| **Intensity Level:**High |
| **Description:*** Children line up at one the lines on the floor. They jump from one side of the line to the other in different ways:
	+ Two feet
	+ One foot
	+ 1-2-1-2
	+ Sideways
	+ Scissors kicks
	+ 180s
	+ Straddle
 | **Equipment:*** None
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| **Variations:*** Same while dribbling a ball
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| **Keep an eye on:*** Coordination needs for some of the actions
* Width of base
* Use of arms
 |
| **Other Benefits:*** Core strength
* Body strength confidence
 | **Coach’s Comments:** |