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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 |
| **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:** | | |