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| **Wildcats Activ8 Club Activity Breaker**  |
| **Activity Name:** Round Challenge | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination Locomotion / Agility |
| **Intensity Level:**Moderate to High |
| **Description:**In groups of 2. One child stands while the other runs in circles around him/her passing the ball back and forth. The distance between the two children should be adapted depending on the ability to throw/pass/catch. When the middle child shouts change, the runner changes direction. Go for 30 seconds each. | **Equipment:*** Balls
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| **Variations:*** As the children get more confident, we can ask them to use their right hand/foot only when running anti-clockwise and their left when going clock-wise.
* Football pass, rugby pass, etc
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| **Keep an eye on:*** Children being able to run in circles with their head up.
* Accuracy and strength of the passing.
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| **Other Benefits:*** Reaction time
* Bilateral development
* Timing
 | **Coach’s Comments:** |