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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 |
| **Keep an eye on:**   * Children being able to run in circles with their head up. * Accuracy and strength of the passing. |
| **Other Benefits:**   * Reaction time * Bilateral development * Timing | **Coach’s Comments:** | | |