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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Round the Clock Jumps | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Low |
| **Description:**  Mark out the main points of the clock face on the floor with cones in a circle (12 o’clock, 3 o’clock, 6 o’clock and 9 o’clock). One child stays in the centre of the clock and responds to commands from the coach or a nominated partner or teammate. The commands and different times on the clock face. Upon receiving the command the child should jump and turn, landing at the relevant point on the clock. | **Equipment:**   * Cones | | |
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| **Variations:**   * Jump and land on 2 feet. * Jump from 1 foot land on 2. * Jump and land on 1 foot. * Jump from 2 feet and land on 1. * Clockwise and Anti-Clockwise turning. |
| **Keep an eye on:**   * Stability (core strength, COG management etc.) * Coordination of limbs. |
| **Other Benefits:**   * Confidence through calling commands and leading the activity. * Learning the points on a clock. * Connection to partner. | **Coach’s Comments:** | | |