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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Steal ( Rob the Bank) | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  In groups of 6 -8 organised in a circle 6-8 metres from the bank of balls.  Individually each child runs in, collects a ball from the bank and returns it to their home cone. When the ball is returned, the next child goes to retrieve a ball. The team with the most balls at the end wins. | **Equipment:**   * Various Sports Balls / bean bags. * Cones | | |
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| **Variations:**   * Vary distance. * Vary method of travelling: hopping, hop-scotch. * Skipping etc. * Dribble the ball, bounce the ball. * Once all the balls have been taken from the middle children can then steal from each other’s safe. |
| **Keep an eye on:**   * Width of base. * Struggle to decelerate, change direction and/or push off one foot. * Cheating (carrying more than one item at a time) |
| **Other Benefits:**   * Co-ordination and Agility * General fitness | **Coach’s Comments:** | | |