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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.
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| **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)
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| **Other Benefits:*** Co-ordination and Agility
* General fitness
 | **Coach’s Comments:** |