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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Step Up-Step Down | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance/Coordination |
| **Intensity Level:**High |
| **Description:**Depending on the age/stage of the kids we can use spots, ladders, steps or benches.Children use different patterns to get on and off the spot/step/bench:* Right foot first forward
* Left foot first forward
* Right foot first sideways
* Left foot first sideways
* Two feet at the same time (fwd/sidew)
* Hopping on one foot (fwd/sidew)
* Jump over the step/bench
 | **Equipment:*** Steps/Benches/Spots
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| **Variations:*** Introduce sequences they need to remember and perform
* Time trial: how many times can they get up and down in 15-30”?
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| **Keep an eye on:*** Lack of explosive power to get on to the step/bench (use spot instead)
* As they progress we want them to be able to do it while keeping their head up looking forward (body awareness)
* Inefficient use of arm-swing
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| **Other Benefits:*** Coordination and Agility
* General fitness
 | **Coach’s Comments:** |