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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”? |
| **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 |
| **Other Benefits:**   * Coordination and Agility * General fitness | **Coach’s Comments:** | | |