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| **Wildcats Activ8 Club Activity Breaker** | | | |
| **Activity Name:**  Stepping Stones and Crocs | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Manipulation / Coordination Locomotion / Agility  Spatial Awareness |
| **Intensity Level:**  Moderate |
| **Description:**  Pick some children to be the crocs and patrol the lake. Mark out a rectangle (the lake) and scatter some dots/markers/hoops from one shore to the other. The swimmers try to get from one shore to the other without getting tagged by the crocs. Swimmers are only safe when they reach a stepping stone/island (dot/marker) and can only stand in an empty stepping stone/island (so if another child is there the croc can eat them). Every time they cross the lake they get a point. If they get tagged they have to go back to the beginning. | **Equipment:**   * Floor Dots/Markers (if not available hoops or flat cones can do but they can be slippery) | | |
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| **Variations:**   * Play it as a match between two teams, crocs and swimmers. Swimmers try to get across as many times as possible over a minute. Then swap over. * Condition the way the crocs/swimmers can move (or some of them only to add an element of strategy). * Give a maximum time on a stepping stone (2 seconds and move again) |
| **Keep an eye on:**   * Possibility of crashes (find ways to slow them down or reduce numbers). * Children not respecting the rules. |
| **Other Benefits:**   * Strategy / Mental Development * Group work / Connection | **Coach’s Comments:** | | |