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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Throw/Kick and Fetch | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination  Agility |
| **Intensity Level:**  Moderate to High |
| **Description:**   * In pairs, one child throws/kicks/hits and the partner retrieves the ball as quick as possible * It can be done as a competition by having distance markers on the floor with point allocations | **Equipment:**   * Balls (different sizes/types) * Cones * Bats/Rackets/Hockey Sticks | | |
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| **Variations:**   * Fetch your own throw/kick/hit and try and get as many points as possible with your partner |
| **Keep an eye on:**   * Throwing/Kicking/Hitting technique * Quality of movement/Readiness |
| **Other Benefits:**   * Connection * Team work * General Fitness * Awareness of others | **Coach’s Comments:** | | |