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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/CoordinationAgility |
| **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
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| **Keep an eye on:*** Throwing/Kicking/Hitting technique
* Quality of movement/Readiness
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| **Other Benefits:*** Connection
* Team work
* General Fitness
* Awareness of others
 | **Coach’s Comments:** |