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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Wheel Barrow Races | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Stability/Balance/  Agility |
| **Intensity Level:**  High |
| **Description:**   * Children are in 2s * One child takes up the press up position and the other one grabs his/her ankles. * The children race the other pairs and swap positions over after every length | **Equipment:**   * None * Balls/Cones | | |
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| **Variations:**   * Have the child complete a handling task (i.e. stack up some cones/put balls in a hoops while doing the wheel barrow so they have to shift CoG) * Put the pairs into 2 teams and play a game of handball while doing the wheelbarrow |
| **Keep an eye on:**   * Limb strength needed to perform this walk * Speed judgment on carrier * Hands too close/wide |
| **Other Benefits:**   * Body/Core strength * Connection/Trust * Body strength confidence | **Coach’s Comments:** | | |