|  |
| --- |
| **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
 |
|  |
| **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:** |