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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Zombie/Vampire Night | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  2 or more ‘zombies’ are selected. These zombies lye on the floor arm’s folded in a ‘vampire’ type position with their eyes closed. The coach sets the scene by commenting on how it’s getting dark and getting scary while the other children find a space in the hall. When the coach shouts ‘zombie night’ the other children are chased by the ‘zombies’ who get off the floor to chase. The ‘zombies’ have 30 seconds to catch as many children as possible. Once caught the children find a safe space to lye. After 30 seconds the ‘zombies’ count how many children they have caught, then everyone is back in again. | **Equipment:**   * Cones or Markers | | |
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| **Variations:**   * Give the children a ball to dribble to weight the game in favour of the chasing zombies. * Change the method of travel for either the children, zombies or both to vary or weight the game (e.g. hopping, running, jumping, side-steps etc.). * Change size of space to increase or reduce difficulty for children or zombies. |
| **Keep an eye on:**   * Ability to start, stop and change direction. * Ability to avoid others. |
| **Other Benefits:**   * Development of character and caring in the knowledge of why they should travel to the safe space to lye down when caught – so as not to cause injury to themselves or others. | **Coach’s Comments:** | | |