

# Wildcats (5-6 Year Olds)

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## Locomotion

### High on Activity

1. Balloon Races
2. Cat and Mouse
3. Compass (Yell Drill)
4. Cone Grab
5. Domes and Dishes
6. Fast Feet
7. Gears
8. Hop Tag
9. Mine Field
10. Mine Sweeper
11. Mirrors
12. Pop Corn Machine
13. Round the Clock Jumps
14. Steal (Rob the Bank)
15. Team Reactor
16. Tiggy Scarecrow
17. Zombie Nights

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Balloon Races	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility & Manipulation / Coordination <b>Intensity Level:</b> Medium
<b>Description:</b> Set up any type of standard relay race with cones or other obstacles for the children to negotiate. Issue either one a balloon each or one balloon per team and start races as per standard relay races with each team to control the balloon around the course without carrying or holding it.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balloons</li> <li>• Cones or markers</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Individual or team races.</li> <li>• Mode of travel around course (e.g. running, jumping, hopping etc).</li> <li>• Dribble balloon on outward journey but carry on return, vice-versa or whole way.</li> <li>• Change nature of race course or obstacles that need to be negotiated.</li> <li>• Ask children to move balloon using a sports implement (e.g. tennis racquet).</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Points of contact with the balloon and how this influences the direction which the balloon moves in or the control that is present.</li> <li>• Ability to coordinate limbs for travel while controlling balloon.</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Development of connection with relay team mates.</li> <li>• Mental development in planning best way to manoeuvre balloon.</li> <li>• Creativity development in problem solving best way to control balloon and negotiate relay course.</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Cat and Mouse	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> A game of 'tig' in a marked area with the catcher/s being referred to as the 'cat/s' and those being chased being referred to as the 'mouse/mice'. Once the mice are caught they become 'cats' and attempt to catch the remaining 'mice'.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones or markers</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Method of travel for cat or mouse (E.g. jump, hop, run, side steps etc.)</li> <li>• Pair up one cat and one mouse, the cat chases their nominated mouse trying to stay as close as possible without touching. When the coach shouts change, they change roles.</li> <li>• Change space available to increase or reduce difficulty for mice or cat/s.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Ability to start, stop and change direction.</li> <li>• Ability to avoid others.</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Confidence development as children have opportunities to achieve success either through avoiding being caught or through catching, as their participation in the game continues.</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Compass (Yell Drill)	<b>Target: 7 to 11</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Coach stands at the front of the group – indicates which way is North, South, East, West. He then calls one of these 4 directions.</li> <li>• The children can run, hop, jump, skip in that direction.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls</li> <li>• Hockey Sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Add in NE, SW, SE etc.</li> <li>• Add in equipment</li> <li>• Make a child be the ‘caller’</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Movement Skills</li> <li>• Awareness of Space</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Coordination</li> </ul>	<b>Coach’s Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Cone Grab	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> <ul style="list-style-type: none"> <li>Put the group into pairs.</li> <li>Place 2 cones, 2m apart with a box in the middle containing 5 balls.</li> <li>On the start signal the players leave their cones and run to the box in the middle, they must pick up one ball and bring it back to their station. This is repeated until the box is empty. The player with the most balls at their station is the winner.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Basket/ Boxes</li> <li>Balls of varying sizes and shapes</li> <li>Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>This game can be varied by moving the starting cones further back from the box.</li> <li>The players can also start in varied body positions, laying down, kneeling, press up position etc.</li> <li>The number of balls can also be increased to prolong the game.</li> <li>Players can be asked to travel in different ways: i.e. sideways, all fours, etc</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>The balance of the children running toward the box</li> <li>Ability to change position and direction quickly</li> <li>COG</li> <li>Use of weak hand to pick balls up</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Character building, discouraging cheating by making sure the children place the ball back at their station and not throwing it back.</li> <li>Listening to instruction about starting position etc.</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Domes & Dishes	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Movement warm up activity for teams.</li> <li>• Divide the group into two.</li> <li>• Place 30 + cones in the area.</li> <li>• Half the cones 'face down' called Domes the other half 'face up' called Dishes</li> <li>• For 2 minutes one group must turn over as many Domes as possible while the other group must turn over as many Dishes.</li> <li>• Coach counts who has the most at the end.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Add more cones</li> <li>• Shorter space of time e.g. 30 seconds</li> <li>• Spread the cones out more.</li> <li>• Restrict travel (hop, skip, etc)</li> <li>• Weak hand only</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Body position</li> <li>• Movement skills</li> <li>• Balance</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Teamwork / Connection</li> <li>• Communication</li> <li>• Awareness</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Fast Feet	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>Exercises to develop fast feet movements.</li> <li>Around the hall set up stations for ladders / hurdles / cones / hoops.</li> <li>Split into groups and let everyone try the feet movements through the equipment.</li> <li>Design relays with the equipment and run team races.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Ladders</li> <li>Cones</li> <li>Hurdles</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Timed runs against the clock</li> <li>Introduce balls when running e.g. running with a rugby ball</li> <li>Let the children design their own relays.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Running technique</li> <li>Coordination</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Confidence in the movement</li> <li>Teamwork / Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Top Gear	<b>Target:</b> 3-4 / 5-6	<b>FMS/FSS Main Category:</b> Locomotion/Stability  <b>Intensity Level:</b> Moderate to High
<b>Description:</b> On a badminton court or half basketball court. Coach explains the 4 gears: 1. Walk 2. Jog 3. Run 4. Sprint. Coach calls different gears as the children move around avoiding each other.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Allow one of the kids to call the gears</li> <li>• Get children to give each other hi-lo 5s and call each other's names</li> <li>• Use different types of walks (hop, skip, high knees, butt kicks, instep touch, outside touch)</li> <li>• animals walks</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Children's reactions to the changes</li> <li>• Running technique</li> <li>• Numbers and possibility of collisions</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Spatial Awareness</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Hop Tag	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Create a grid or marked area depending on numbers.</li> <li>• Select 1 player to be catcher.</li> <li>• All players must hop on 1 leg throughout the game including the catcher.</li> <li>• When caught, players become catchers until there is 1 winner left.</li> <li>• Coach will call to change hopping foot, or both footed (bunny hops).</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones (to mark out area)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Start with more catchers to increase success rate and increase speed of game.</li> <li>• When you get caught, players could do a forfeit or a balance before re-entering the game as a catcher.</li> <li>• Introduce a dribble</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Head position when moving around.</li> <li>• Footwork and landing on feet.</li> <li>• How players are catching others.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Core strength</li> <li>• Fitness</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Mine Field	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Scatter 30 + cones in a 10 x 10 area.</li> <li>• Divide the groups into teams.</li> <li>• Start with a trial run to see if the children can make their way through the cones without touching them with their feet.</li> <li>• Set up a team race across the minefield.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones (ideally high)</li> <li>• Balls</li> <li>• Hockey Stick</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Cones placed tighter together.</li> <li>• Children carry a ball through the mine field.</li> <li>• 3 legged minefield challenge.</li> <li>• Hockey dribble through the minefield.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Body position</li> <li>• Balance</li> <li>• Change of Direction</li> <li>• Not jumping over cones/mines</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Awareness of space</li> <li>• Teamwork / Connection</li> <li>• Confidence</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Mine Sweeper	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Team game – who can sweep 4 mines (cones) the fastest.</li> <li>• The coach calls a colour; the child must get 4 cones of that colour the fastest. When the 4<sup>th</sup> cone is lifted, he/she must stop and place the cones on their head.</li> </ul>	<b>Equipment: Cones</b> <ul style="list-style-type: none"> <li>• Various Colours of Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Fast paced game, one colour at a time and the cone comes back to the team, for the winner.</li> <li>• Time challenge – how many cones can you lift in 10seconds / 15seconds / 20seconds?</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Body position</li> <li>• Balance</li> <li>• Coordination</li> <li>• Use of weak hand</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Team work / Connection</li> <li>• Awareness of Space</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Mirrors	<b>Target:</b> 5-6 / 7-8	<b>FMS/FSS Main Category:</b> Stability/Balance  <b>Intensity Level:</b> Low
<b>Description:</b> Children are in 2s or 3s. One of them is the leader and stands in front of them performing different movements and balances which the other kids (mirrors) have to replicate.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• None/Balls/Any other handling implement</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Introduce an object the children can handle (ball, racket, bat, etc.)</li> <li>• It can be done in 2s or smaller groups</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Lack of core strength</li> <li>• Lack of creativity</li> <li>• Inability to cooperate</li> <li>• Over-using agonistic muscles with balance disruption</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Co-operation</li> <li>• Connection to others</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Pop Corn Machine	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Coach stands in centre of hall/area.</li> <li>• All balls/beanbags/cones also in centre (preferably in cage or large bucket)</li> <li>• Coach shouts Popcorn and begins to throw out balls and beanbags 1 at a time.</li> <li>• Players have to collect the items from around the hall as quickly as possible and return it to the cage/bucket. 1 item at a time.</li> <li>• If coach empties the cage, then he/she wins.</li> <li>• If players can return all the equipment within a certain time limit, they win.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (all shapes and sizes)</li> <li>• Cones</li> <li>• Beanbags</li> <li>• Large basket/cage</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Coach scatters everything at once and players have 60 seconds to retrieve all items.</li> <li>• Alter time depending on difficulty.</li> <li>• Players will attempt to beat their previous time.</li> <li>• Cones/beanbags etc. can be used if balls not available.</li> <li>• Losing team, Coach or players must do forfeit at the end.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Quality of Movement skills</li> <li>• Centre of gravity</li> <li>• Spatial awareness</li> <li>• Head Position</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Fun, enjoyable, competitive.</li> <li>• 1 team working together / Connection.</li> <li>• End of session Tidy up!!</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Round the Clock Jumps	<b>Target:</b> 5-6 / 7-8	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> Low
<b>Description:</b> Mark out the main points of the clock face on the floor with cones in a circle (12 o'clock, 3 o'clock, 6 o'clock and 9 o'clock). One child stays in the centre of the clock and responds to commands from the coach or a nominated partner or teammate. The commands and different times on the clock face. Upon receiving the command the child should jump and turn, landing at the relevant point on the clock.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Jump and land on 2 feet.</li> <li>• Jump from 1 foot land on 2.</li> <li>• Jump and land on 1 foot.</li> <li>• Jump from 2 feet and land on 1.</li> <li>• Clockwise and Anti-Clockwise turning.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Stability (core strength, COG management etc.)</li> <li>• Coordination of limbs.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Confidence through calling commands and leading the activity.</li> <li>• Learning the points on a clock.</li> <li>• Connection to partner.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Steal ( Rob the Bank)	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> In groups of 6 -8 organised in a circle 6-8 metres from the bank of balls. Individually each child runs in, collects a ball from the bank and returns it to their home cone. When the ball is returned, the next child goes to retrieve a ball. The team with the most balls at the end wins.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Various Sports Balls / bean bags.</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Vary distance.</li> <li>• Vary method of travelling: hopping, hop-scotch.</li> <li>• Skipping etc.</li> <li>• Dribble the ball, bounce the ball.</li> <li>• Once all the balls have been taken from the middle children can then steal from each other's safe.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base.</li> <li>• Struggle to decelerate, change direction and/or push off one foot.</li> <li>• Cheating (carrying more than one item at a time)</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Co-ordination and Agility</li> <li>• General fitness</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Team Reactor	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Team game using reaction balls.</li> <li>• Split group into 2 teams.</li> <li>• Teams line up in two lines beside each other. Coach stands in front of the first 2 children at the front of the line. The coach has an agility ball in each hand, both balls drop and bounce at the same time, first player to get the ball cleanly in their hands wins a point for their team.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Reaction balls</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Widen the space between the teams.</li> <li>• Throw the balls up in the air, to get more reaction when they bounce.</li> <li>• Round Robin team competition.</li> <li>• If enough reaction balls, it can be done 1v1 or 2v2 with children dropping the ball and being in charge</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Starting position</li> <li>• Reaction times</li> <li>• Agility</li> <li>• Coordination</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Reactions</li> <li>• Confidence</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Tiggy Scarecrow	<b>Target:</b> 5-6 / 7-8	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> In a defined area children move around the space trying to avoid being caught by the nominated catcher/s. If caught the children should stand as a scarecrow with arms out wide. Scarecrows can be freed by their teammates by one of them running underneath one of the outstretched arms of a scarecrow without being caught. The game finished either after a short period of time or if the catchers have caught all of the scarecrows. Once completed, change the catchers.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones or markers</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Give the children a ball to dribble to weight the game in favour of the chaser. If caught scarecrows place ball between their feet.</li> <li>• Change the method of travel for either the chaser, those being chased or both to vary or weight the game (e.g. hopping, running, jumping, side-steps etc).</li> <li>• Change size of space to increase or reduce difficulty for catcher/s or those being chased.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Ability to start, stop and change direction.</li> <li>• Ability to avoid others.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Character and caring development by respecting the rules in being a scarecrow when caught.</li> <li>• Development on connection between the group as they try to work to 'free' each other.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Zombie/Vampire Night	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Locomotion / Agility  <b>Intensity Level:</b> High
<b>Description:</b> 2 or more ‘zombies’ are selected. These zombies lie 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 lie. After 30 seconds the ‘zombies’ count how many children they have caught, then everyone is back in again.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cones or Markers</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Give the children a ball to dribble to weight the game in favour of the chasing zombies.</li> <li>• 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.).</li> <li>• Change size of space to increase or reduce difficulty for children or zombies.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Ability to start, stop and change direction.</li> <li>• Ability to avoid others.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Development of character and caring in the knowledge of why they should travel to the safe space to lie down when caught – so as not to cause injury to themselves or others.</li> </ul>	<b>Coach’s Comments:</b>	