

Wildcats (7-8 Year Olds)

Locomotion

High on Activity

1. Agility Relay
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4. Cone and Ball Relay
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Activ8 Wildcats Club Activity Breaker		
Activity Name: Agility Relay	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • Split group into teams of 3 or 4. • Mark out relay course with cones. • Players take it in turns to zig-zag around cones. • Run to end cone and touch with hand. • High five team mate when they return and the next person goes. • Continue playing until everyone has had a go. 	Equipment: (Essential) <ul style="list-style-type: none"> • Cones 	Equipment: (Useful) <ul style="list-style-type: none"> • Bibs (to separate teams) • Balls • Hula hoops
Variations: <ul style="list-style-type: none"> • Increase number of relays each player runs. • Add different obstacles to challenge participants. • Place a hula hoop at end of each relay. • Players stand in hoop and pull over their head and place in on the ground. • Introduce a ball to hold, bounce or dribble while running. • Bounce ball in hula hoop before returning to team. 		
Keep an eye on: <ul style="list-style-type: none"> • Head Position • Footwork • Centre of gravity 		
Other Benefits: <ul style="list-style-type: none"> • Turn taking • Team work / Connection 	Coach's Comments:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Balance Tag	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability / Locomotion Intensity Level: Moderate to High
Description: Similar to Tiggly Scarecrow/Stuck in the Mud but in addition, when a child gets tagged, they have to adopt a certain balance position until they are released by another player touching them. <ul style="list-style-type: none"> • 1st time they get tagged: 1 point balance (i.e. standing on one foot; sat on their buttocks with all limbs off the floor) • 2nd time: 2 point balance • 3rd time: 3 point balance • Etc... 	Equipment: <ul style="list-style-type: none"> • Balls 	
Variations: <ul style="list-style-type: none"> • Add more taggers • Condition the movement patterns (hop, skip, all fours, etc.) • Add balls to dribble for the taggers/runners 		
Keep an eye on: <ul style="list-style-type: none"> • Appropriate movement patterns • Good balance positions 		
Other Benefits: <ul style="list-style-type: none"> • Core strength • Strategy/Cooperation/Communication • Spatial awareness 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Basketball / Basekickball	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: Moderate
Description: Split the group in to two teams, fielders and Throw/ Kickers. The fielders spread out in the area and the attacking team can either throw or kick the ball into the area, while the fielders are returning the ball to the base line the attacker runs to perform a task i.e. basketball throws, each basket is a run. If the fielders return the ball before a basket is scored, no runs are counted. If the fielders catch the ball before it bounces the attacker is automatically out.	Equipment: <ul style="list-style-type: none"> • Basketball/ Footballs • Target for task – task dependent 	
Variations: <ul style="list-style-type: none"> • The game can be varied in a number of ways; conditions can be placed on the fielding team, making them pass the ball around each team member to slow them down returning the ball and giving the attackers more time to shoot their baskets. Or they can dribble the ball back or bounce on the way back to home base. • Alternatively if the fielding team catch the ball before it bounces that can mean all the attackers being out and switching over with the fielders. • The task can be changed to a penalty kick or a bean bag throw into a target etc. 		
Keep an eye on: <ul style="list-style-type: none"> • Agility of the fielders returning the ball • Change of direction by both attackers and fielders 		
Other Benefits: <ul style="list-style-type: none"> • Team work / Connection • Communication with other team mates to return the ball • Working under slight pressure, performing the task 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Cone and Ball Relay	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • Split group into teams of 3 or 4 players • Set up relay race with cones approx. 10 metres apart. • Place a tall cone and ball at the start line. • Players hold cone upside down and place ball into cone to resemble an ice cream cone shape. • Players race to the far cone and back again. • Pass the Ice cream to the next player on their team. • Each player runs twice. • First team to have all players back are the winners. 	Equipment: <ul style="list-style-type: none"> • Tall Cones • Dish cones • Balls (various sizes) • Hula hoops (optional) 	
Variations: <ul style="list-style-type: none"> • Different obstacle relays. • Players can zig-zag around cones during race. • Use hula hoops to step through at end of race. • Dribble a ball at the same time 		
Keep an eye on: <ul style="list-style-type: none"> • Teamwork • Head Position • Balance 		
Other Benefits: <ul style="list-style-type: none"> • Learning rules / Character & Caring • Turn Taking 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Foxes Tails	Target: 5-6 / 7-8 Can introduce ball work to challenge 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Mark out Grid with cones. • Split group into 2 coloured teams. E.g. Blue vs. red. • Each player tucks a coloured bib into their waist or tag belt wrapped around waist. (to represent a fox tail) • Teams compete against each other to pull all tails from opposing teams • First team to obtain all fox tails are the winners. 	Equipment: <ul style="list-style-type: none"> • Cones • Bibs or tag belts • Balls (basketballs or footballs) 	
Variations: <ul style="list-style-type: none"> • Begin with 1 catcher and increase catchers with each game. • If caught then you become a catcher. • Introduce safe zones were you cannot be caught. • Different types of movement, hopping, jumping. • Every child for him/herself 		
Keep an eye on: <ul style="list-style-type: none"> • Movement quality • Character building by emphasising no cheating. • Spatial awareness • Height of centre of gravity 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • General Fitness • Teamwork / Connection 		

Wildcats Activ8 Club Activity Breaker		
Activity Name: Golden Child	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> Split the group in 2. One team is running the other team is shooting. Lay out 4 cones to build a baseball diamond. Each cone is a base. Runners line up behind first base. The shooting team lines up in front of the basket/goal/target and in turns takes a shot. As soon as the shooting team starts shooting, the first runner goes. If the shooting team scores before the runner makes it back to base the runner freezes wherever he/she is and the next runner goes. Every time a runner gets back to base they get a point. Play till all the players are frozen or to a set time and keep track of the runs. Key point! One of the runners is the golden child and he/she has the power to unfreeze people as he/she runs past them so they can get back in the game and complete their run. So obviously the shooting team wants to freeze the golden child as soon as possible. 	Equipment: <ul style="list-style-type: none"> Balls Cones 	
Variations: <ul style="list-style-type: none"> The shooting team could be shooting at a basket, bowling at the wickets, trying to score a goal, knocking a cone down, throwing a beanbag into a hoop, etc. If the teams are large, have two golden children 		
Keep an eye on: <ul style="list-style-type: none"> Kids not understanding the rules Kids not freezing quickly and cheating Rate of success of the shooting team to adjust the size of the goal/distance 		
Other Benefits: <ul style="list-style-type: none"> Cooperation / Communication / Connection. Concentration / Mental Development. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Racquet Hockey	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion /Agility Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> • One racquet per child. Introduce basic concepts of hockey. • Each child will practise: <ul style="list-style-type: none"> ○ Controlling ball on ground whilst walking, jogging and running. ○ Passing to team mate – whilst stationary and moving. • Coach sets up goals/ gates in a defined area of 10x10 (can be bigger or smaller depending on numbers, age and ability of the group) 	Equipment: <ul style="list-style-type: none"> • Racquets • Tennis balls • Cones 	
Variations: <ul style="list-style-type: none"> • Practise passing off both left and right sides. • Introduce 1v1, 1v2, 2v2 etc. • At 3v3 introduce the triangle formation as a passing basis for most team sports. 		
Keep an eye on: <ul style="list-style-type: none"> • Concentration • Ability to control ball 		
Other Benefits: <ul style="list-style-type: none"> • Connection to partner in pairs activities. • Confidence development in an activity that has more chance of success the regular hockey for participants. 	Coach's Comments:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Round Challenge	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility Intensity Level: Moderate to High
Description: In groups of 2. One child stands while the other runs in circles around him/her passing the ball back and forth. The distance between the two children should be adapted depending on the ability to throw/pass/catch. When the middle child shouts change, the runner changes direction. Go for 30 seconds each.	Equipment: <ul style="list-style-type: none"> • Balls 	
Variations: <ul style="list-style-type: none"> • As the children get more confident, we can ask them to use their right hand/foot only when running anti-clockwise and their left when going clock-wise. • Football pass, rugby pass, etc 		
Keep an eye on: <ul style="list-style-type: none"> • Children being able to run in circles with their head up. • Accuracy and strength of the passing. 		
Other Benefits: <ul style="list-style-type: none"> • Reaction time • Bilateral development • Timing 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Tag American Football	Target: 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Split group into 2 even teams. • Mark out coned area with scoring zones at either end. • Players must score by getting the ball into scoring zones. • They are allowed to move with the ball or pass in any direction. • Opposing team players pull tags or bibs in order to turn over the ball (or touch). • Once a player has been tagged while they have the ball, they must give possession to the other team. 	Equipment: <ul style="list-style-type: none"> • Bibs or tag belts • Cones 	
Variations: <ul style="list-style-type: none"> • Conditioned rules on the game. • Can only throw/pass ball into scoring zone. • Possession game as opposed to scoring zone. • If team makes 5/10 passes then they score 1 point. • If team holds onto ball for 30 seconds, they get a score. • If a player gets tagged, they must do a forfeit before returning to the game. E.g. 5 star jumps. 		
Keep an eye on: <ul style="list-style-type: none"> • Throwing technique • Quality of movement/Readiness • Catching • Spatial awareness 		
Other Benefits: <ul style="list-style-type: none"> • Team work • Fitness • Understanding game rules. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Target Man	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: High
Description: <ul style="list-style-type: none"> Choose 1 player to be the catcher and 1 to be the target. Target player and rest of group form a circle holding hands. Catcher runs around outside of circle attempting to catch the target player. The circle of players must work together to protect the target from getting caught. Once the target is caught or after 10-15 seconds, select 2 new players for each role. 	Equipment: <ul style="list-style-type: none"> None required 	
Variations: <ul style="list-style-type: none"> Smaller groups of circles. Target player also runs around outside of circle instead of being part of circle. 		
Keep an eye on: <ul style="list-style-type: none"> Teamwork Quality of movement Pulling/pushing participants 		
Other Benefits: <ul style="list-style-type: none"> Lower Centre of gravity Change of direction 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Team Tag Ball	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Split players into 2 teams. • Mark out coned area. • Team 1 are the catchers, they must pass the ball around the area and try to touch opponents with the ball. • Aim is to get as many players tagged with the ball as quickly as possible. • Cannot throw the ball, must maintain contact when tagging an opponent. • Cannot move with the ball. • Once an opponent has been tagged, they must go outside of zoned area and carry out a forfeit. E.g. 5 star jumps/shuttles. • Once completed, they can return to the game. • Teams swap roles after 1 minute. 	Equipment: <ul style="list-style-type: none"> • Cones • Balls • Bibs 	
Variations: <ul style="list-style-type: none"> • Any players who get tagged can either join the other team or else are out of game. • 30 seconds to eliminate as many as possible. 		
<ul style="list-style-type: none"> • Keep an eye on: • Throwing technique • Quality of movement/Readiness • Catching • Players standing rather than anticipating next pass/move 		
Other Benefits: <ul style="list-style-type: none"> • Team work • General Fitness • Game rules 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Top Ten	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Manipulation/Coordination Intensity Level: Low
Description: <ul style="list-style-type: none"> In pairs children take turns throwing the ball up into the air and letting it bounce as many times as they want before they catch it. The number of catches is the score. First to 10 catches wins. If the child doesn't catch the ball, it's a 'no score' 	Equipment: <ul style="list-style-type: none"> Balls (football/basketball/netball/tennis) 	
Variations: <ul style="list-style-type: none"> Play with different balls With older kids, allow the non-thrower to disrupt the catch by trying to get in the way 		
Keep an eye on: <ul style="list-style-type: none"> Height of CoG Feet positioning Cradling the ball 		
Other Benefits: <ul style="list-style-type: none"> Limited opposition 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Zig Zag Shadow	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Players get into pairs numbered 1 and 2. • Number 2 is the shadow and must follow/copy every move that their partner makes. • 30/60 seconds and players swap roles. 	Equipment: <ul style="list-style-type: none"> • None required unless using variation 	
Variations: <ul style="list-style-type: none"> • Coach calls freeze at certain times and shadow player must hold the same position as partner. • Conditioned movement skills. E.g. On the floor, 1 foot, hopping, facial expressions. • Introduce equipment such as balls, shadow must copy movement. 		
Keep an eye on: <ul style="list-style-type: none"> • Space and movement. • Dangerous play. 		
Other Benefits: <ul style="list-style-type: none"> • Partner work. • Connection. • Character building, giving children responsibility of numbering each other. 	Coach's Comments:	