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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Balance Alphabet/Animals/Things | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance |
| **Intensity Level:**  Moderate |
| **Description:**  Children move around in a specific pattern dictated by the coach and on the coach’s call the make a given shape (letter A, crocodile, house). The coach can also call a number indicating how many children need to get together to do the shape (from 1 to 3) | **Equipment:**   * None | | |
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| **Variations:**   * Let children call the shapes * Adopt the shapes lying down if they really struggle with their balance or if we wish to concentrate on the coordination of limbs |
| **Keep an eye on:**   * Literacy barriers (how much can they understand) * Lack of core strength * Inability to cooperate * Over-using agonistic muscles with balance disruption |
| **Other Benefits:**   * Concentration * Co-operation * Connection to others | **Coach’s Comments:** | | |