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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
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| **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
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| **Other Benefits:*** Concentration
* Co-operation
* Connection to others
 | **Coach’s Comments:** |