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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Balance Battles | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance |
| **Intensity Level:**  Moderate |
| **Description:**   * In 2s * Children stand facing each other at either side of a line on the floor and play balance battles: * Palms on: constant push on whistle * Palms on: hit and retreat on whistle * Grab each other’s wrists: pull on whistle * Back to back: push on whistle * Shoulder on: push on whistle * Step on each other’s toes (one point for each time you do) | **Equipment:**   * None | | |
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| **Variations:**   * As above |
| **Keep an eye on:**   * Width of base * Height of COG * Engaging of legs and back |
| **Other Benefits:**   * Connection * Character * FUN | **Coach’s Comments:** | | |