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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
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| **Keep an eye on:*** Width of base
* Height of COG
* Engaging of legs and back
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| **Other Benefits:*** Connection
* Character
* FUN
 | **Coach’s Comments:** |