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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Balance Leader | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance |
| **Intensity Level:**  Low |
| **Description:**  Children line up in front of the ‘Balance Leader’, a child that takes different shapes/balances trying to make the others lose their balance. Every 20-30 seconds, the coach picks a new leader. | **Equipment:**   * None/Flat Cones/Bean Bags | | |
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| **Variations:**   * Use music as this may help some children get into a rhythm and keep their balance better * Use flat cones/bean bags to balance on different body parts * Alternate, between mirroring (opposite side) and copying (same side) * Introduce movement as in a typical game of ‘follow the leader’ with the leader choosing when to stop and adopt a new shape/balance |
| **Keep an eye on:**   * High COG * Narrow base of support * Lack of counterbalance * Inability to change base of support in relation to the movements of the COG |
| **Other Benefits:**   * Connection to group * Confidence to lead a group, stand in front of people * Decision-making | **Coach’s Comments:** | | |