|  |
| --- |
| **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
 |
|  |
| **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:** |