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| **Wildcats Activ8 Club Activity Breaker**  |
| **Activity Name:** Balance Tag | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Stability / Locomotion |
| **Intensity Level:**Moderate to High |
| **Description:**Similar to Tiggy Scarecrow/Stuck in the Mud but in addition, when a child gets tagged, they have to adopt a certain balance position until they are released by another player touching them. * 1st time they get tagged: 1 point balance (i.e. standing on one foot; sat on their buttocks with all limbs off the floor)
* 2nd time: 2 point balance
* 3rd time: 3 point balance
* Etc…
 | **Equipment:*** Balls
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| **Variations:*** Add more taggers
* Condition the movement patterns (hop, skip, all fours, etc.)
* Add balls to dribble for the taggers/runners
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| **Keep an eye on:*** Appropriate movement patterns
* Good balance positions
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| **Other Benefits:*** Core strength
* Strategy/Cooperation/Communication
* Spatial awareness
 | **Coach’s Comments:** |