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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 |
| **Keep an eye on:**   * Appropriate movement patterns * Good balance positions |
| **Other Benefits:**   * Core strength * Strategy/Cooperation/Communication * Spatial awareness | **Coach’s Comments:** | | |