|  |  |  |  |
| --- | --- | --- | --- |
| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Balloon Keepy-Uppy | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Children individually, one balloon per child * Children perform keepy-uppies with foot/hand/head/knee/heel/ /shoulder/racket/bat | **Equipment:**   * Balloon * Rackets/Bats | | |
|  | | |
| **Variations:**   * As above but from bear/crab/flamingo * Work in 2s/3s with 2 balloons |
| **Keep an eye on:**   * Width of base * Height of COG * Feet/Hand readiness * Use of weak hand/foot |
| **Other Benefits:**   * Connection * Concentration * Core strength | **Coach’s Comments:** | | |