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| **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
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| **Variations:*** As above but from bear/crab/flamingo
* Work in 2s/3s with 2 balloons
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| **Keep an eye on:*** Width of base
* Height of COG
* Feet/Hand readiness
* Use of weak hand/foot
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| **Other Benefits:*** Connection
* Concentration
* Core strength
 | **Coach’s Comments:** |