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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Balloon Races | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility & Manipulation / Coordination |
| **Intensity Level:**  Medium |
| **Description:**  Set up any type of standard relay race with cones or other obstacles for the children to negotiate. Issue either one a balloon each or one balloon per team and start races as per standard relay races with each team to control the balloon around the course without carrying or holding it. | **Equipment:**   * Balloons * Cones or markers | | |
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| **Variations:**   * Individual or team races. * Mode of travel around course (e.g. running, jumping, hopping etc). * Dribble balloon on outward journey but carry on return, vice-versa or whole way. * Change nature of race course or obstacles that need to be negotiated. * Ask children to move balloon using a sports implement (e.g. tennis racquet). |
| **Keep an eye on:**   * Points of contact with the balloon and how this influences the direction which the balloon moves in or the control that is present. * Ability to coordinate limbs for travel while controlling balloon. |
| **Other Benefits:**   * Development of connection with relay team mates. * Mental development in planning best way to manoeuvre balloon. * Creativity development in problem solving best way to control balloon and negotiate relay course. | **Coach’s Comments:** | | |