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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).
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| **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.
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| **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:** |