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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Balloon Tennis | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * In 2s, one balloon per pair * Using a line or some cones play tennis (first to 3/5/7 points) | **Equipment:**   * Balloon * Rackets/Bats | | |
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| **Variations:**   * Allow more than one touch per child (2 or 3) * Use feet instead of hands * Allow hands and feet * Go 2v1 or 2v2 * Go hands vs feet * Play from kneeling/bear/crab * Use rackets/bats |
| **Keep an eye on:**   * Width of base * Height of CoG * Backswing/Follow through * Feet/Hand readiness * Use of weak hand/foot |
| **Other Benefits:**   * Connection * Confidence building * Decision making | **Coach’s Comments:** | | |