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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Basic Shapes | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance |
| **Intensity Level:**  Low |
| **Description:**  Children find a spot in front of the coach who shows them different shapes (tuck, pike, straddle, plank, superman, press up, V, etc.). Once the children know the shapes, the coach calls a shape and the children have to do it quickly. | **Equipment:**   * None | | |
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| **Variations:**   * Let children call the shapes * Play a game of Killer Shapes: the children have to do the shape called by the coach, not the one he makes. For example, the coach may call tuck, but do pike to trick them. Children that get it wrong lose points or are out until only one is left. * Play Killer Shapes in 2s |
| **Keep an eye on:**   * Lack of core strength to perform certain shapes * Lack of flexibility * Over-using agonistic muscles with balance disruption |
| **Other Benefits:**   * Concentration * Co-operation/Opposition | **Coach’s Comments:** | | |