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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Chinese Dragon Race | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Stability/Balance/  Agility |
| **Intensity Level:**  Moderate |
| **Description:**   * Children line up in groups of 3-4 placing their hands on the shoulders/hips of the child in front. On ‘GO’ they race having to keep the dragon intact all the way. If it breaks they lose. It can be done backwards too. | **Equipment:**   * None | | |
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| **Variations:**   * With older children, as above but the children keep basketballs/footballs tucked between them without using their hands. If a ball drops, they need to start again. * Chinese Dragon Tag: make 4-5 dragons. Each dragon head tries to tag the tail of one of the other dragons. When a child is tagged, they join that dragon’s tail. After 30”-1’ stop and see which dragon is the biggest. |
| **Keep an eye on:**   * Speed management * Group synchronicity * Children getting too giddy and cheating |
| **Other Benefits:**   * General fitness * Cooperation/Leadership * Connection * Character (respect for rules/no cheating) | **Coach’s Comments:** | | |