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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.
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| **Keep an eye on:*** Speed management
* Group synchronicity
* Children getting too giddy and cheating
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| **Other Benefits:*** General fitness
* Cooperation/Leadership
* Connection
* Character (respect for rules/no cheating)
 | **Coach’s Comments:** |