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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Chinese Hat Races | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance |
| **Intensity Level:**  Moderate |
| **Description:**  This game can be played individually or in small groups as a relay race.  The children wear a flat cone on their heads as a hat and have to complete a course before returning to their line and passing on the hat to the next child | **Equipment:**   * Flat cones * Balls * Rackets * Hurdles/hoops | | |
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| **Variations:**   * Introduce an object the children can handle (ball, racket, bat, etc.) * Condition the way they can travel (hop, skip, bear, crab, sidestep, etc.) * Use different obstacles: hurdles, hoops, ladders, spots |
| **Keep an eye on:**   * Lack of core strength * Inability to distinguish between speed and balance (find the maximum speed without compromising balance) * Ability to control head in relation to rest of the body |
| **Other Benefits:**   * Concentration * Co-operation * Connection to others * Coordination and Agility | **Coach’s Comments:** | | |