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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
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| **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
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| **Other Benefits:*** Concentration
* Co-operation
* Connection to others
* Coordination and Agility
 | **Coach’s Comments:** |