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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Flamingo Eggs | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance/Coordination |
| **Intensity Level:**Low |
| **Description:**Children are in pairs and stand facing each other on one leg (like a flamingo). They pass a ball (or beanbag) to each other trying to keep balance while catching the ball. | **Equipment:*** Balls/Beanbags
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| **Variations:*** Only one of the children is on one leg. The other one is throwing the ball in different ways to force the other child to stretch, rise, lower down, etc.
* In groups of 4-5 with more than 1 ball
* On the move
* One child stands in the middle of a circle formed by another 4 players and has to spin around while on one leg to catch one throw from each child, then swap over. Use different size balls at the same time.
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| **Keep an eye on:*** Lack of counter balance
* Loose head
* Not forming cradle with hands
* Not cushioning the ball on receipt
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| **Other Benefits:*** Self-control and understanding on the part of the child feeding the ball
* Build confidence
 | **Coach’s Comments:** |