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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. |
| **Keep an eye on:**   * Lack of counter balance * Loose head * Not forming cradle with hands * Not cushioning the ball on receipt |
| **Other Benefits:**   * Self-control and understanding on the part of the child feeding the ball * Build confidence | **Coach’s Comments:** | | |