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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Hi5 LoBaby | | **Target:**  5-6 / 7-8  It can be done with 9-11 making them dribble a ball | **FMS/FSS Main Category:**  Stability/Balance  Agility |
| **Intensity Level:**  High |
| **Description:**  In a small square (5x5) children jog around exchanging high fives with the other children. Then the same with low fives. Then combined, needing to get a low after a high and so on. Coach sets a target and first child to reach it wins a point | **Equipment:**   * None or cones to mark the playing area | | |
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| **Variations:**   * Use music as they do the hi-lo fives and when the music stop they have to stop too * Make them travel in different ways * Dribble a football/basketball/hockey, etc. * Challenge them to learn the name of every person they give a high five to. |
| **Keep an eye on:**   * High CoG * Struggle to change direction/push off one foot * Lack of spatial/auditory awareness |
| **Other Benefits:**   * Connection to group * Character building by emphasising no cheating. * FUN | **Coach’s Comments:** | | |