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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Hi5 LoBaby | **Target:**5-6 / 7-8It can be done with 9-11 making them dribble a ball | **FMS/FSS Main Category:**Stability/BalanceAgility |
| **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.
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| **Keep an eye on:*** High CoG
* Struggle to change direction/push off one foot
* Lack of spatial/auditory awareness
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| **Other Benefits:*** Connection to group
* Character building by emphasising no cheating.
* FUN
 | **Coach’s Comments:** |