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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Mirrors | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance |
| **Intensity Level:**Low |
| **Description:**Children are in 2s or 3s. One of them is the leader and stands in front of them performing different movements and balances which the other kids (mirrors) have to replicate. | **Equipment:*** None/Balls/Any other handling implement
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| **Variations:*** Introduce an object the children can handle (ball, racket, bat, etc.)
* It can be done in 2s or smaller groups
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| **Keep an eye on:*** Lack of core strength
* Lack of creativity
* Inability to cooperate
* Over-using agonistic muscles with balance disruption
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| **Other Benefits:*** Concentration
* Co-operation
* Connection to others
 | **Coach’s Comments:** |