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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Number Points Balances | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/BalanceAgility/Locomotion |
| **Intensity Level:**Moderate |
| **Description:**Children move around using different ways to travel and when the coach calls a number (1, 2, 3, 4, 5, 6) they have to find a position with that number of contact points with the floor | **Equipment:*** None
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| **Variations:*** Have them work in pairs
* Have a child call the numbers
* Pick the best shape every time and this child calls the next number
* Carry a ball and the ball can be used as a contact point
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| **Keep an eye on:*** Stability (core strength, CoG management, etc.)
* Understanding of what is meant but contact point
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| **Other Benefits:*** Concentration
* Character (no cheating)
 | **Coach’s Comments:** |