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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Number Points Balances | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance  Agility/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 |
| **Keep an eye on:**   * Stability (core strength, CoG management, etc.) * Understanding of what is meant but contact point |
| **Other Benefits:**   * Concentration * Character (no cheating) | **Coach’s Comments:** | | |