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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Protect the Egg | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Each child with a racket tries to walk balancing a ball on the racket face * Progress to doing as many consecutive small hits in the air as possible. Once they are able to do 6 hits on the spot they can try to do it while walking. | **Equipment:**   * Tennis Balls (soft if possible) * Rackets | | |
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| **Variations:**   * Try different walks * Individually against a wall * In 2s, one racket each, one shadows the other who carries the ball and on Change! the ball has to be passed over. * In 2s, one hit each trying to keep ball in the air (or allowing one bounce) |
| **Keep an eye on:**   * Arm away from body * Small hits * Eye on ball |
| **Other Benefits:**   * Connection/Cooperation | **Coach’s Comments:** | | |