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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Quick Colour Tapping | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance/  Coordination |
| **Intensity Level:**  Moderate to High |
| **Description:**   * Children find a spot 3 feet in radius in front of the coach. * Each child has 4 cones (ideally different colours) which are laid out in a square or diamond * The coach shouts the colour or number of cones and the child has to tap it with his feet. | **Equipment:**   * Cones | | |
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| **Variations:**   * Tap with hands (on one or two feet) * Mix of hands and feet * Opposite sides (right hand to left cone, etc.) * Have a child make the calls * Same from a bear/crab position |
| **Keep an eye on:**   * Coordination needs for some of the actions * Width of base * Use of arms * Height of CoG * Appropriate distance between cones |
| **Other Benefits:**   * Concentration Span * Spatial awareness | **Coach’s Comments:** | | |