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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
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| **Keep an eye on:*** Coordination needs for some of the actions
* Width of base
* Use of arms
* Height of CoG
* Appropriate distance between cones
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| **Other Benefits:*** Concentration Span
* Spatial awareness
 | **Coach’s Comments:** |