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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Simon Says | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/BalanceCo-ordination |
| **Intensity Level:**Moderate |
| **Description:**The coach or a child stands in front of the group and performs and action that the other children have to imitate, but obviously only when Simon says so. | **Equipment:*** None
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| **Variations:*** Include balls or equipment (bat, stick, etc)
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| **Keep an eye on:*** Concentration span
* Over-using agonistic muscles with balance disruption
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| **Other Benefits:*** Concentration
* Connection to others
* Confidence to lead
* Creativity
 | **Coach’s Comments:** |