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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Simon Says | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance  Co-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) |
| **Keep an eye on:**   * Concentration span * Over-using agonistic muscles with balance disruption |
| **Other Benefits:**   * Concentration * Connection to others * Confidence to lead * Creativity | **Coach’s Comments:** | | |