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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Slow Mo Karate & Dance | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance |
| **Intensity Level:**Low |
| **Description:**In pairs, children pretend to do karate or dance in slow motion emphasising holding positions. One of the pair is the leader and the other follows/reacts. | **Equipment:*** None
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| **Variations:*** Use music
* Give them 3 minutes to practice and then let them show the rest of the group like in a talent show
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| **Keep an eye on:*** Narrow bases
* High CoG
* Lack of counterbalance
* Jerky movements
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| **Other Benefits:*** Connection to partner
* Body confidence
 | **Coach’s Comments:** |