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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 |
| **Keep an eye on:**   * Narrow bases * High CoG * Lack of counterbalance * Jerky movements |
| **Other Benefits:**   * Connection to partner * Body confidence | **Coach’s Comments:** | | |