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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  The Plank | | **Target:**  9-11 | **FMS/FSS Main Category:**  Balance / Stability |
| **Intensity Level:**  Low |
| **Description:**  In pairs Children get into the Plank position facing each other. Start off in neutral position, then work through all four contact points, i.e. raise Left hand off the floor and hold for a specified time. Repeat individually for right hand and both feet. | **Equipment:**   * None required | | |
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| **Variations:**   * Get the pair to mirror image each other with one leading. * Facing each other raise alternates hand to ‘High Five’ each other. * Final progression to pass a ball back and forward to opposite hands. * Use the press up position instead of the plank |
| **Keep an eye on:**   * Alignment of the back and head in neutral position. * Good Balance. * Co-ordination following partner in mirror image and passing the ball back and forth. |
| **Other Benefits:**   * Development of core strength * Partner work * Co-ordination development | **Coach’s Comments:** | | |