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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Touch Boxing | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance+Agility |
| **Intensity Level:**Moderate to High |
| **Description:*** In 2s
* Children stand facing each other play touch boxing:
	+ Touch partner’s knee
	+ Touch partner’s shoulder
	+ Touch partner’s hip
 | **Equipment:*** Balls
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| **Variations:*** As above while dribbling a basketball/football
* On one leg
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| **Keep an eye on:*** Width of base
* Height of CoG
* Head position (avoid head clashes)
* ‘Hugging’ as opposed to quick jabbing
* On toes (no flat feet)
 |
| **Other Benefits:*** Connection
* Character
 | **Coach’s Comments:** |