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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 |
| **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:** | | |