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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Wobble Board Sit ups | | **Target:**  9-11 | **FMS/FSS Main Category:**  Stability / Balance |
| **Intensity Level:**  Moderate |
| **Description:**   * Sitting on a wobble board feet planted on the ground, complete individual sit ups with partner counting. Taking turns. * Both partners now facing each other in the sit up position begin sit up completing a high five at the top phase. | **Equipment:**   * Wobble Boards * Selections of balls different shapes and sizes | | |
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| **Variations:**   * This can be progressed by adding in a ball, start off with partners sitting opposite each other and reaching the ball at the top of the sit up. * This can be progressed by moving the partners apart further and completing a thrown pass at the top of the sit up. Points for completed passes. * Vary the size and shape of the ball to increase level of difficulty. |
| **Keep an eye on:**   * Struggle to complete sit up. * Stability in the sit up phases. * Evenly matched partners. |
| **Other Benefits:**   * Co-ordination of the high five, as well as the passing of the ball. * Communication as to when to pass the ball and when ready to receive a pass. | **Coach’s Comments:** | | |