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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.
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| **Keep an eye on:*** Struggle to complete sit up.
* Stability in the sit up phases.
* Evenly matched partners.
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| **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:** |