

Wildcats (5-6 Year Olds)

Stability

High on Coordination

1. Animal Walks
2. Balance Alphabet/Animals/Things
3. Balance Battles
4. Balance Leader
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6. Bear Crab Roll Ball
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13. Hop Scotch
14. IN OUT
15. Mirrors
16. Number Points Balance
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19. Simon Says
20. Slow Mo Karate & Dance
21. Step Up Step Down
22. Touch Boxing
23. Wheel Barrow Races

Activ8 Wildcats Club Activity Breaker		
Activity Name: Animals Walks	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Agility
		Intensity Level: Moderate to High
Description: On the coach's command children perform different walks/runs <ul style="list-style-type: none"> • Bear (all fours) • Kangaroo (hop) • Crab (all fours belly up backwards) • Eagle (arms spread) • Crocodile (all fours plus tummy) • Frog (squat and jump) • Chicken (squat and run) • Daddy Long Legs (all fours very wide) 	Equipment: <ul style="list-style-type: none"> • None 	
Variations: <ul style="list-style-type: none"> • Play a game of tig: bears vs crocodiles or other combinations • Relay races • Ask a child to lead 		
Keep an eye on: <ul style="list-style-type: none"> • Limb strength needed to perform some of the walks • Take-off and landing on jumps • Height/location of COG 		
Other Benefits: <ul style="list-style-type: none"> • Body/Core strength 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Balance Alphabet/Animals/Things	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Moderate
Description: Children move around in a specific pattern dictated by the coach and on the coach's call they make a given shape (letter A, crocodile, house). The coach can also call a number indicating how many children need to get together to do the shape (from 1 to 3)	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Let children call the shapes Adopt the shapes lying down if they really struggle with their balance or if we wish to concentrate on the coordination of limbs 		
Keep an eye on: <ul style="list-style-type: none"> Literacy barriers (how much can they understand) Lack of core strength Inability to cooperate Over-using agonistic muscles with balance disruption 		
Other Benefits: <ul style="list-style-type: none"> Concentration Co-operation Connection to others 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Balance Battles	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • In 2s • Children stand facing each other at either side of a line on the floor and play balance battles: • Palms on: constant push on whistle • Palms on: hit and retreat on whistle • Grab each other's wrists: pull on whistle • Back to back: push on whistle • Shoulder on: push on whistle • Step on each other's toes (one point for each time you do) 	Equipment: <ul style="list-style-type: none"> • None 	
Variations: <ul style="list-style-type: none"> • As above 		
Keep an eye on: <ul style="list-style-type: none"> • Width of base • Height of COG • Engaging of legs and back 		
Other Benefits: <ul style="list-style-type: none"> • Connection • Character • FUN 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Balance Leader	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Low
Description: Children line up in front of the 'Balance Leader', a child that takes different shapes/balances trying to make the others lose their balance. Every 20-30 seconds, the coach picks a new leader.	Equipment: <ul style="list-style-type: none"> None/Flat Cones/Bean Bags 	
Variations: <ul style="list-style-type: none"> Use music as this may help some children get into a rhythm and keep their balance better Use flat cones/bean bags to balance on different body parts Alternate, between mirroring (opposite side) and copying (same side) Introduce movement as in a typical game of 'follow the leader' with the leader choosing when to stop and adopt a new shape/balance 		
Keep an eye on: <ul style="list-style-type: none"> High COG Narrow base of support Lack of counterbalance Inability to change base of support in relation to the movements of the COG 		
Other Benefits: <ul style="list-style-type: none"> Connection to group Confidence to lead a group, stand in front of people Decision-making 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Basic Shapes	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Low
Description: Children find a spot in front of the coach who shows them different shapes (tuck, pike, straddle, plank, superman, press up, V, etc.). Once the children know the shapes, the coach calls a shape and the children have to do it quickly.	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Let children call the shapes Play a game of Killer Shapes: the children have to do the shape called by the coach, not the one he makes. For example, the coach may call tuck, but do pike to trick them. Children that get it wrong lose points or are out until only one is left. Play Killer Shapes in 2s 		
Keep an eye on: <ul style="list-style-type: none"> Lack of core strength to perform certain shapes Lack of flexibility Over-using agonistic muscles with balance disruption 		
Other Benefits: <ul style="list-style-type: none"> Concentration Co-operation/Opposition 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Bear/Crab RollBall	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Agility
		Intensity Level: High
Description: <ul style="list-style-type: none"> Children are in teams of 3-4-5 Children play a game of handball with a tennis ball while doing bear/crab walk Only allowed to roll the ball Ball can only be intercepted with hands 	Equipment: <ul style="list-style-type: none"> Cones 	
Variations: <ul style="list-style-type: none"> Allow children to pass the ball in the air Allow to intercept ball with feet Play bears vs crabs Force a set number of passes before a shot at goal can be attempted Play to the highest number of passes without scoring goals 		
Keep an eye on: <ul style="list-style-type: none"> Limb strength needed to perform this walk Hands too close/wide Less able players withdrawing Use of space Reducing numbers if needed 		
Other Benefits: <ul style="list-style-type: none"> Body/Core strength Connection/Trust Body strength confidence Team work Team tactics 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Chinese Dragon Race	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability/Balance/ Agility
		Intensity Level: Moderate
Description: <ul style="list-style-type: none"> Children line up in groups of 3-4 placing their hands on the shoulders/hips of the child in front. On 'GO' they race having to keep the dragon intact all the way. If it breaks they lose. It can be done backwards too. 	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> With older children, as above but the children keep basketballs/footballs tucked between them without using their hands. If a ball drops, they need to start again. Chinese Dragon Tag: make 4-5 dragons. Each dragon head tries to tag the tail of one of the other dragons. When a child is tagged, they join that dragon's tail. After 30"-1' stop and see which dragon is the biggest. 		
Keep an eye on: <ul style="list-style-type: none"> Speed management Group synchronicity Children getting too giddy and cheating 		
Other Benefits: <ul style="list-style-type: none"> General fitness Cooperation/Leadership Connection Character (respect for rules/no cheating) 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Chinese Hat Races	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Moderate
Description: This game can be played individually or in small groups as a relay race. The children wear a flat cone on their heads as a hat and have to complete a course before returning to their line and passing on the hat to the next child	Equipment: <ul style="list-style-type: none"> • Flat cones • Balls • Rackets • Hurdles/hoops 	
Variations: <ul style="list-style-type: none"> • Introduce an object the children can handle (ball, racket, bat, etc.) • Condition the way they can travel (hop, skip, bear, crab, sidestep, etc.) • Use different obstacles: hurdles, hoops, ladders, spots 		
Keep an eye on: <ul style="list-style-type: none"> • Lack of core strength • Inability to distinguish between speed and balance (find the maximum speed without compromising balance) • Ability to control head in relation to rest of the body 		
Other Benefits: <ul style="list-style-type: none"> • Concentration • Co-operation • Connection to others • Coordination and Agility 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Cone Diamond	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability / Balance
		Intensity Level: Moderate
Description: Divide the group up into groups of 4 and give them 4 cones of different colours. Place the cones in a diamond pattern 5m from a centre point. Assign a number 1-4 for each cone. Player one enters the diamond and player two calls out a sequence of numbers, starting off with two, then three and then four. Each time player one must run to the correct cone touch it return to the centre point and move to the next cone in the sequence. Player 2 then takes turn and player 3 calls the sequence. After a number of turns, the numbers can be replaced with the colour of the actual cone and a colour sequence can be called instead.	Equipment: <ul style="list-style-type: none"> • Cones • Footballs/ Basketballs – Task dependent 	
Variations: This can be progressed by adding an element of competition, place two diamonds beside each other and have one person call a sequence for each of the players in the diamond. On completion of their sequence the player can race out of the diamond to perform a task, such as a basketball shot/ penalty kick/ rugby pass.		
Keep an eye on: <ul style="list-style-type: none"> • The ability to change direction and speed • COG • Ability to listen to instruction and complete the sequence. 		
Other Benefits: <ul style="list-style-type: none"> • Teamwork / Connection. • Emphasise no cheating, by actually having to touch each cone / Character and Caring. • Creativity of player calling the sequence. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Flamingo Eggs	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Coordination
		Intensity Level: Low
Description: Children are in pairs and stand facing each other on one leg (like a flamingo). They pass a ball (or beanbag) to each other trying to keep balance while catching the ball.	Equipment: <ul style="list-style-type: none"> Balls/Beanbags 	
Variations: <ul style="list-style-type: none"> Only one of the children is on one leg. The other one is throwing the ball in different ways to force the other child to stretch, rise, lower down, etc. In groups of 4-5 with more than 1 ball On the move One child stands in the middle of a circle formed by another 4 players and has to spin around while on one leg to catch one throw from each child, then swap over. Use different size balls at the same time. 		
Keep an eye on: <ul style="list-style-type: none"> Lack of counter balance Loose head Not forming cradle with hands Not cushioning the ball on receipt 		
Other Benefits: <ul style="list-style-type: none"> Self-control and understanding on the part of the child feeding the ball Build confidence 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Grandma's Footsteps	Target: 3-4 / 5-6	FMS/FSS Main Category: Stability / Balance
		Intensity Level: Low
Description: Children start at the opposite end to the coach. The aim of the game is to get to where the coach is standing first. A child can only run when the coach's back is turned and has to come to a stop as soon as the coach turns around. If the coach sees a child stumbling or losing balance, they have to go back to the start line.	Equipment: <ul style="list-style-type: none"> None needed unless cones are needed to mark the start and finish lines 	
Variations: <ul style="list-style-type: none"> Using different ways to travel: skipping, hopping, bear/crab walk... Dribbling a basketball, football, hockey ball... Try doing it in 2s holding hands One child plays grandma 		
Keep an eye on: <ul style="list-style-type: none"> Narrow bases High CoG Lack of counterbalance Lack of concentration Cheating 		
Other Benefits: <ul style="list-style-type: none"> Respect for rules/honesty Visual Awareness 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Hi5 LoBaby	Target: 5-6 / 7-8 It can be done with 9-11 making them dribble a ball	FMS/FSS Main Category: Stability/Balance Agility
		Intensity Level: High
Description: In a small square (5x5) children jog around exchanging high fives with the other children. Then the same with low fives. Then combined, needing to get a low after a high and so on. Coach sets a target and first child to reach it wins a point	Equipment: <ul style="list-style-type: none"> None or cones to mark the playing area 	
Variations: <ul style="list-style-type: none"> Use music as they do the hi-lo fives and when the music stop they have to stop too Make them travel in different ways Dribble a football/basketball/hockey, etc. Challenge them to learn the name of every person they give a high five to. 		
Keep an eye on: <ul style="list-style-type: none"> High CoG Struggle to change direction/push off one foot Lack of spatial/auditory awareness 		
Other Benefits: <ul style="list-style-type: none"> Connection to group Character building by emphasising no cheating. FUN 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Hop-Scotch	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability/Balance Agility/Locomotion
		Intensity Level: Moderate to High
Description: Children play traditional hop-scotch, but the coach can introduce new movement patterns: <ul style="list-style-type: none"> Left – right – both – right – left – both ... Left – left – both – right – right – both ... 	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> It can be turned into a game of tig using the various footwork to travel It can be turned into a game of handball/basketball/netball/hockey using the various footwork Ask children to create new patterns Try it backwards 		
Keep an eye on: <ul style="list-style-type: none"> Stability (core strength, CoG management, etc.) Coordination (from simple patterns to more complex ones) Information Overload (too much going on!) 		
Other Benefits: <ul style="list-style-type: none"> Creativity 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: IN-OUT	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance Agility/Locomotion
		Intensity Level: Moderate to High
Description: Children stand behind the baseline/sideline and on the coach's call (IN) jump in. The coach calls in/out and the players have to react. The coach can call IN or OUT when the players are already IN or OUT and if they get it wrong they lose a point or are out (i.e. the coach shouts in and the player jumps out)	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Use right/left instead of in/out Have them hop on one leg or use quick feet (quick tapping) in between commands Have them catch a ball while they are doing it 		
Keep an eye on: <ul style="list-style-type: none"> Stability (core strength, CoG management, etc.) Information Overload (too much going on!) 		
Other Benefits: <ul style="list-style-type: none"> Concentration Character (no cheating) 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Mirrors	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Low
Description: Children are in 2s or 3s. One of them is the leader and stands in front of them performing different movements and balances which the other kids (mirrors) have to replicate.	Equipment: <ul style="list-style-type: none"> None/Balls/Any other handling implement 	
Variations: <ul style="list-style-type: none"> Introduce an object the children can handle (ball, racket, bat, etc.) It can be done in 2s or smaller groups 		
Keep an eye on: <ul style="list-style-type: none"> Lack of core strength Lack of creativity Inability to cooperate Over-using agonistic muscles with balance disruption 		
Other Benefits: <ul style="list-style-type: none"> Concentration Co-operation Connection to others 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Number Points Balances	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance Agility/Locomotion
		Intensity Level: Moderate
Description: Children move around using different ways to travel and when the coach calls a number (1, 2, 3, 4, 5, 6) they have to find a position with that number of contact points with the floor	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Have them work in pairs Have a child call the numbers Pick the best shape every time and this child calls the next number Carry a ball and the ball can be used as a contact point 		
Keep an eye on: <ul style="list-style-type: none"> Stability (core strength, CoG management, etc.) Understanding of what is meant but contact point 		
Other Benefits: <ul style="list-style-type: none"> Concentration Character (no cheating) 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Quick Colour Tapping	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Coordination
		Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> Children find a spot 3 feet in radius in front of the coach. Each child has 4 cones (ideally different colours) which are laid out in a square or diamond The coach shouts the colour or number of cones and the child has to tap it with his feet. 	Equipment: <ul style="list-style-type: none"> Cones 	
Variations: <ul style="list-style-type: none"> Tap with hands (on one or two feet) Mix of hands and feet Opposite sides (right hand to left cone, etc.) Have a child make the calls Same from a bear/crab position 		
Keep an eye on: <ul style="list-style-type: none"> Coordination needs for some of the actions Width of base Use of arms Height of CoG Appropriate distance between cones 		
Other Benefits: <ul style="list-style-type: none"> Concentration Span Spatial awareness 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Quick Fire Jumps	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Agility
		Intensity Level: High
Description: <ul style="list-style-type: none"> Children line up at one the lines on the floor. They jump from one side of the line to the other in different ways: <ul style="list-style-type: none"> Two feet One foot 1-2-1-2 Sideways Scissors kicks 180s Straddle 	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Same while dribbling a ball 		
Keep an eye on: <ul style="list-style-type: none"> Coordination needs for some of the actions Width of base Use of arms 		
Other Benefits: <ul style="list-style-type: none"> Core strength Body strength confidence 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Simon Says	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance Co-ordination Intensity Level: Moderate
Description: The coach or a child stands in front of the group and performs an action that the other children have to imitate, but obviously only when Simon says so.	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Include balls or equipment (bat, stick, etc) 		
Keep an eye on: <ul style="list-style-type: none"> Concentration span Over-using agonistic muscles with balance disruption 		
Other Benefits: <ul style="list-style-type: none"> Concentration Connection to others Confidence to lead Creativity 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Slow Mo Karate & Dance	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance
		Intensity Level: Low
Description: In pairs, children pretend to do karate or dance in slow motion emphasising holding positions. One of the pair is the leader and the other follows/reacts.	Equipment: <ul style="list-style-type: none"> None 	
Variations: <ul style="list-style-type: none"> Use music Give them 3 minutes to practice and then let them show the rest of the group like in a talent show 		
Keep an eye on: <ul style="list-style-type: none"> Narrow bases High CoG Lack of counterbalance Jerky movements 		
Other Benefits: <ul style="list-style-type: none"> Connection to partner Body confidence 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Step Up-Step Down	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Coordination
		Intensity Level: High
Description: Depending on the age/stage of the kids we can use spots, ladders, steps or benches. Children use different patterns to get on and off the spot/step/bench: <ul style="list-style-type: none"> • Right foot first forward • Left foot first forward • Right foot first sideways • Left foot first sideways • Two feet at the same time (fwd/sidew) • Hopping on one foot (fwd/sidew) • Jump over the step/bench 	Equipment: <ul style="list-style-type: none"> • Steps/Benches/Spots 	
Variations: <ul style="list-style-type: none"> • Introduce sequences they need to remember and perform • Time trial: how many times can they get up and down in 15-30"? 		
Keep an eye on: <ul style="list-style-type: none"> • Lack of explosive power to get on to the step/bench (use spot instead) • As they progress we want them to be able to do it while keeping their head up looking forward (body awareness) • Inefficient use of arm-swing 		
Other Benefits: <ul style="list-style-type: none"> • Coordination and Agility • General fitness 	Coach's Comments:	

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: <ul style="list-style-type: none"> • In 2s • Children stand facing each other play touch boxing: <ul style="list-style-type: none"> ○ Touch partner's knee ○ Touch partner's shoulder ○ Touch partner's hip 	Equipment: <ul style="list-style-type: none"> • Balls 	
Variations: <ul style="list-style-type: none"> • As above while dribbling a basketball/football • On one leg 		
Keep an eye on: <ul style="list-style-type: none"> • Width of base • Height of CoG • Head position (avoid head clashes) • 'Hugging' as opposed to quick jabbing • On toes (no flat feet) 		
Other Benefits: <ul style="list-style-type: none"> • Connection • Character 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Wheel Barrow Races	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability/Balance/ Agility
		Intensity Level: High
Description: <ul style="list-style-type: none"> Children are in 2s One child takes up the press up position and the other one grabs his/her ankles. The children race the other pairs and swap positions over after every length 	Equipment: <ul style="list-style-type: none"> None Balls/Cones 	
Variations: <ul style="list-style-type: none"> Have the child complete a handling task (i.e. stack up some cones/put balls in a hoops while doing the wheel barrow so they have to shift CoG) Put the pairs into 2 teams and play a game of handball while doing the wheelbarrow 		
Keep an eye on: <ul style="list-style-type: none"> Limb strength needed to perform this walk Speed judgment on carrier Hands too close/wide 		
Other Benefits: <ul style="list-style-type: none"> Body/Core strength Connection/Trust Body strength confidence 	Coach's Comments:	