

Wildcats (7-8 Year Olds)

Stability

High on Balance

1. Balance Alphabet/Animals/Things
2. Balance Battles
3. Ball Press-Ups
4. Bear Crab Roll Ball
5. Bridges and Tunnels
6. Cone Diamond
7. Grandma's Footsteps
8. Hi5 LoBaby
9. IN-OUT
10. Mirrors
11. Number Points Balances
12. Quick Colour Tapping
13. Quick Fire Jumps
14. Slow Mo Karate & Dance
15. Stepping Stones and Crocs
16. Touch Boxing
17. Wheel Barrow Races
18. Wobble Board Pass/Catch
19. Wobble Board Sit Ups

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 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Connection • Character • FUN 		

Wildcats Activ8 Club Activity Breaker		
Activity Name: Ball Press Ups	Target: 7-8 / 9-11	FMS/FSS Main Category: Balance / Stability Intensity Level: Moderate to High
Description: Initially children hold a press-up like position putting both hands on the ball. If this is too hard, they could start putting one hand on the ball and one off the ball, or putting feet on the ball and hands on the floor. Swiss balls are very good initially to put feet on.	Equipment: <ul style="list-style-type: none"> • Basketballs/Footballs/Swiss Balls 	
Variations: <ul style="list-style-type: none"> • Progress to press ups/knee press ups • Use two balls: <ul style="list-style-type: none"> ○ One for hands one for feet ○ One hand on each 		
Keep an eye on: <ul style="list-style-type: none"> • Correct posture and children struggling to hold the position • Children lacking strength may be at risk of falling flat on the floor. Spot them quick and get them to do it off their knees 		
Other Benefits: <ul style="list-style-type: none"> • Confidence in own strength • Core strength 	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:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Bridges and Tunnels	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability / Balance (Agility)
		Intensity Level: Moderate
Description: Split children into 2 even groups. One group becomes the bridges (lie down or on all fours) and tunnels (back bridge or legs wide apart). The other half start crawling under the tunnels or jumping over the bridges. After 30-45" swap over.	Equipment: <ul style="list-style-type: none"> • None or various balls 	
Variations: <ul style="list-style-type: none"> • Let the children come up with new and creative ways to make tunnels and bridges (perhaps link two people?) • Condition the way children can move between the bridges/tunnels (skip, hop, etc.) • Instead of jumping/crawling, use the bridges/tunnels to drive balls under/over them 		
Keep an eye on: <ul style="list-style-type: none"> • Bridges being low enough to avoid accidents • Split them into more groups in different playing areas if there are lots of children to avoid clashes 		
Other Benefits: <ul style="list-style-type: none"> • Connection with others • Creativity • Overall body strength 	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: 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: 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 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Core strength • Body strength confidence 		

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:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Stepping Stones and Crocs	Target: 5-6 / 7-8	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility Spatial Awareness Intensity Level: Moderate
Description: Pick some children to be the crocs and patrol the lake. Mark out a rectangle (the lake) and scatter some dots/markers/hoops from one shore to the other. The swimmers try to get from one shore to the other without getting tagged by the crocs. Swimmers are only safe when they reach a stepping stone/island (dot/marker) and can only stand in an empty stepping stone/island (so if another child is there the croc can eat them). Every time they cross the lake they get a point. If they get tagged they have to go back to the beginning.	Equipment: <ul style="list-style-type: none"> Floor Dots/Markers (if not available hoops or flat cones can do but they can be slippery) 	
Variations: <ul style="list-style-type: none"> Play it as a match between two teams, crocs and swimmers. Swimmers try to get across as many times as possible over a minute. Then swap over. Condition the way the crocs/swimmers can move (or some of them only to add an element of strategy). Give a maximum time on a stepping stone (2 seconds and move again) 		
Keep an eye on: <ul style="list-style-type: none"> Possibility of crashes (find ways to slow them down or reduce numbers). Children not respecting the rules. 		
Other Benefits: <ul style="list-style-type: none"> Strategy / Mental Development Group work / Connection 	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 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Body/Core strength • Connection/Trust • Body strength confidence 		

Activ8 Wildcats Club Activity Breaker		
Activity Name: Wobble Board Pass/ Catch	Target: 7-8 / 9-11	FMS/FSS Main Category: Stability / Balance Intensity Level: Low
Description: In pairs standing on a wobble board side by side, facing a wall, pass the ball against a target marked on the wall and catch the return.	Equipment: <ul style="list-style-type: none"> • Wobble Boards • Selection of balls different sizes and shapes • Targets – chalk to mark on the wall 	
Variations: <ul style="list-style-type: none"> • Move the wobble boards further from the wall, move targets up and down to vary the type of pass required. Points for each target hit. • Have the pairs face each other and pass back and forth, move the wobble boards further apart and vary the size of the ball used to increase or decrease difficulty. Points for number of successful completed passes. • Adding an element of pressure, one player in the middle standing on a wobble board, 3 players on the outside passing a variety of balls at different heights and speeds, making the player on the wobble move and rotate to receive the passes. • Play bench ball with the bench being a wobble board 		
Keep an eye on: <ul style="list-style-type: none"> • Stability and Balance on the board. • Co-ordination. 		
Other Benefits: <ul style="list-style-type: none"> • Partner work and working together to achieve a target. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Wobble Board Sit ups	Target: 9-11	FMS/FSS Main Category: Stability / Balance Intensity Level: Moderate
Description: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Wobble Boards Selections of balls different shapes and sizes 	
Variations: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Struggle to complete sit up. Stability in the sit up phases. Evenly matched partners. 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> 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. 		