**Balloons – Balloon Challenges**

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| Set-up | * 1 balloon for each participant * 1 hula hoop per 2 participants * 2 pool noodles per 2 participants * Balloon pump(pink) from Amazon helps with a quick blow up of balloons |
| How to Play | Balloon challenges:  To Self:   * Tap back and forth- try to sit down and stand up * Tap with one hand while balancing on one leg * Hit the balloon in the air: spin and catch it, touch the floor with two hands, jump and face the other way and turn back and catch it, clap as many times as you can, throw it over your head and catch it behind your head. * Have students moving around the gym practicing their locomotor skills while keeping their balloon in the air.   With Partner:   * Hold the hula hoop with both hands and try to kick the balloon into the air and catch it in the hoop * One partner throws the balloon up in the air while the other partner tries to catch it between two pool noodles * One partner spins around with the hula hoop in their hands at waist level while the partner tries to shoot it in the hoop or the partner goes up and down(squats) while holding the hula hoop over their head and the partner tries to throw the balloon in the hoop * Hold both hands with your partner and try to keep the balloon in the air. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation: Striking an object    **SELS**  Healthy Relationships  Positive Motivation and Perseverance | WHAT: We are learning to explore different ways to be active and to enjoy being active.  We are learning to strike an object with self and while working with others. We are learning to use positive language, encourage and collaborate while being active.    WHY: If we discover activities that we enjoy, we will be more active. Developing striking skills helps me be more successful in many other games. |
| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it     * How did you move your body to strike the balloon? Was it easier with a partner or by yourself? * Where do you look when you are striking the balloon? * What challenges did you find the hardest/easiest? Why? * What strategies did you use to be more successful? |
| Modifications | Progression/regression to increase/reduce difficult   * Have students create their own challenges * If being with a partner is too advanced stay working with self. * Add more balloons to challenges |
| Safety | * Check area for other obstacles on the floor * Remind participants of the boundaries and to be aware of their space when hitting the balloon * Remind students to not sit on balloons and to be mindful that they can pop if they are not gentle with it. |