Balloons – Exploring Sport Skills with Balloons

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| Set-up | * One balloon per student |
| How to Play | * Explore with a balloon different sport skills:   + 1. Basketball: bounce the balloon on the floor and catch it, dribble the balloon, shoot the balloon in the air and try to get a basket (hang hula hoops on the basketball hoops)     2. Tennis/badminton: Using a racquet or paddle hit the balloon in the air or against a wall     3. Hockey/Golf: Using a pool noodle swing/hit the balloon off the ground, try to score on a net or get the balloon in a hula hoop     4. Volleyball: forearm pass the balloon, set the balloon, serve the balloon out of your hand to hula hoops     5. Soccer: Kick the balloon off the floor, drop kick the balloon before it hits the ground, try to score in a net |
| Learning Focus/Cues | What? Learning to strike and track an object in the air by using a variety of equipment and body parts while exploring different sport skills  Why? To help teach how to track an object and strike it while exploring different sport skills. Balloons allow for students to have more time to react and strike it.  Teaching points:   * Keep your head up and eyes on object * Make sure that you have your own space not near others   Check-in/debrief question(s)   * + What sport was the most fun to try?   + What piece of equipment was the easiest/hardest to use? |
| *Assessment (optional)* | Am I successful at striking the balloon practicing different sport skills? |
| Modifications | * Progression/regression to increase/reduce difficulty   + - Try hitting the balloon to a partner     - Do not use equipment just their body parts |
| Safety | * Have participants hold their balloon by the tail so that they do not pop their balloon/ do not sit on the balloon * Keep participants in their own space so that they do not run into each other |