Balloons – Striking a balloon with an object

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| Set-up | * Bins of equipment for stations (hula hoops, scoops, pool noodles, frisbees, paddles (small badminton racquets), bowling pins…
* One balloon per student
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| How to Play | * Have participants warm up by moving around the gym striking the balloon with different parts of their body- leader can call out different parts.
* Place 5 bins around the gym with the equipment in it.
* Show participants how to use each piece of equipment
* Place participants into the stations. Participants use the piece of equipment to keep the balloon up.
* Rotate stations so the participants get to try each piece of equipment.
* Have students count how many times they can hit the balloon into the air.
* Have students freeze and balance the balloon on the piece of equipment.
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| Learning Focus/Cues | What? Learning to strike and track an object in the air by using different body parts and different pieces of equipment.Why? To help teach how to track an object and strike it with a piece of equipment. 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 helped keep the balloon in the air?
	+ What piece of equipment was the easiest/hardest to hit the balloon with? Why?
	+ What body part was the easiest/hardest to use?
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| *Assessment (optional)* | Am I successful at striking the balloon with different body parts and different pieces of equipment? |
| Modifications | * Progression/regression to increase/reduce difficulty
	+ - Try hitting your balloon against the wall
		- Try moving while you are keeping your balloon up in the air
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| Safety | * Have students hold their balloon by the tail when asked to freeze so that they do not pop their balloon/ do not sit on the balloon
* Keep students in their own space so that they do not run into each other
* Make sure each station has its own playing area
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