**Balloons – The Hoop Game**

|  |  |
| --- | --- |
| Set-up | * 1 balloon for each participant
* 1 hula hoop hung on each basketball hoop (Velcro straps work well)
* 1 pool noodle(small) for each participant
* Balloon pump(pink) from Amazon helps with a quick blow up of balloons
 |
| How to Play | Each participant has a balloon and a pool noodle. They will start in the middle of the gym and when the music starts, they must keep the balloon up in the air by hitting or balancing their balloon with the pool noodle. The participants will travel around the gym trying to hit their balloon through each of the hula hoops to score a point. You can do a round using their right hand and a round using their left handModification: Participants can use their hands or body parts instead of a pool noodle. Place different point amounts for each hula hoop.  |
| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: Striking an object**SELS**Healthy RelationshipsPositive 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. 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??
* Where do you look when you are striking the balloon?
* What strategies did you use to be more successful?

 |
| Modifications | Progression/regression to increase/reduce difficult* Participants can choose a partner to hit back and forth while trying to go through all the hula hoops
* Change the height of the hula hoops with some high and some low.
* Increase or decrease the length of the activity, incorporating time or space to take a break
 |
| 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.

 |