Balloons – To Self

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| Set-up | * Put out hula hoops for each student- scatter throughout gym
* One balloon per student
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| How to Play | * Give each student a balloon and have them sit in a hula hoop
* While the music is playing students keep their balloon up in the air with specific parts of the body that the teacher tells them to use: head, foot, elbow, knee, pinky finger, pointer finger, fist, nose
* When music stops hold balloon and wait for next body part. Use one body part at a time.
* Next try combinations of body parts – head, foot, knee or fist, foot, nose...
* Next have students move to a new hoop while keeping the balloon in the air. Count 5 hits and then move to a new hoop
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| Learning Focus/Cues | What? Learning to strike and track an object in the air by using different body partsWhy? To help teach how to track an object and strike it. 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?Was it hard to stay in your hula hoop? 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 |
| 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 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
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