Balloons – With A Partner

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| Set-up | * One hula hoop per group of 2 * One balloon per group of 2 |
| How to Play | * Place participants in groups of 2 * Have participants strike the balloon back and forth to each other. The leader yells out the body part that they can hit the balloon with. Change body part every minute. * With a hula hoop- each participant holds the hula hoop with one hand and with the other hand strike the balloon through the hula hoop to their partner who hits it back through the hula hoop. Can put participants in groups of 4 and have two holding and two hitting the balloon through the hoop. * Place benches on their sides or use gym lines, participants hit the balloon back and forth over the bench. * Can play 2vs2 over the benches |
| Learning Focus/Cues | What? Learning to strike and track an object in the air by using different body parts while working with a partner  Why? To help teach how to track an object and strike it. Balloons allow for participants to have more time to react and strike it. This will increase their hand eye coordination and spatial awareness.  Teaching points:   * Keep your head up and eyes on object * Make sure that partners have their own space not near others   Check-in/debrief question(s)   * + Was adding a partner harder or easier? Why?   + How many times were you able to keep it in the air with your partner? |
| *Assessment (optional)* | Am I successful at striking the balloon with different body parts and working with a partner |
| Modifications | * Progression/regression to increase/reduce difficulty   + - Increase or decrease the distance between partners     - Try moving while you are keeping your balloon up in the air |
| Safety | * Have participants hold their balloon by the tail so that they do not pop their balloon and do not sit on the balloon * Keep participants in their own space so that they do not run into each other |