

Description of Activity

Give each pupil a balloon and invite them to find a space in the playing area where they are not in contact with anyone else. Pupils must strike the balloon upwards into the air and keep it there using only the hands. After a set amount of time, the teacher calls out various body parts such as: right hand only; left hand only; alternating hands; elbow, shoulder, head, chest, back, knee, foot etc. Pupils must keep the balloon up in the air using only that body part until the next instruction is called.



Variations

- Arrange the pupils in pairs or groups with one balloon between them. They have to work together, taking turns to keep the balloon in the air.
- Arrange the pupils in pairs with one balloon between them. One pupil must keep the balloon in the air while the other pupil calls out the instructions.
- Invite pupils to move around the playing area while keeping their balloon in the air.

Equipment

An indoor playing area, one balloon per pupil



- Encourage pupils to keep their eyes on the object and to be aware of others moving around the space.
- Ensure the playing area is free of obstacles or hazards as the pupils' attention will be focused upwards at the ball.
- Ensure there are enough spare balloons prepared in case any of them burst. Blow them up in advance and store them in a large bin liner until they are being used. Allow pupils to bring the balloons home to practise.



- Play this game at home.



balúin a choiméad san aer • baill coirp • lámh dheas • lámh chlé • lámha éagsúla • cosa éagsúla