

## Description of Activity

Arrange pupils in groups of three with one balloon per group. Line each group up along the end of the playing area. Each group must move the balloon to the other end of the playing area without holding onto it or letting it touch the ground. Pupils can only touch the balloon once and then someone else must take a turn.



## Variations

- Invite pupils to use any body part except their hands to keep the ball up.
- Arrange the pupils in pairs instead of groups.
- Introduce actions that pupils must complete if their balloon touches the ground, e.g. five jumping jacks or two star jumps before continuing.
- Use a basketball (or similar ball) instead of balloons. Now the groups must bounce the ball to each other to get it to the other side without letting the ball bounce twice between passes.

## Equipment

An indoor playing area, one balloon per pupil

- Ensure groups are adequately spread out across the playing area to avoid collisions.
- Ensure the playing area is free of obstacles or hazards as the pupils' attention will be focused upwards towards the balloon.
- 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 with your family.



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