

## Description of Activity

Arrange pupils in groups of four and invite them to stand in a square. Provide each group with a balloon and challenge them to keep the balloon in the air for as long as possible, by only striking the balloon when jumping. The strike must be overhand with an open palm or the finger tips.



## Variations

- When pupils are comfortable with the activity introduce a volleyball and challenge the groups to keep it in the air for as long as possible using an overhand or underhand strike.
- Use this activity as an introduction to volleyball by introducing a net.
- Provide pupils with the opportunity to practise this on their own using a wall.

## Equipment

An open playing area, one balloon per three to four pupils



- Encourage each pupil to call out their name if they intend to touch the balloon next.
- Ensure groups are well spread out to prevent collisions.
- When introducing volleyball the teacher plays an important role to ensure any developments suit the ability of the group. Continuously monitor the activity to ensure pupils are achieving the tasks presented.



- In your PE journal, design a game that you can play with a balloon.



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