



Balloon Bump



be fit for life
moving alberta

Equipment

- Open activity space
- Balloons

Activity Description

- Divide the participants into teams of 2 or 3. Line up each team on one end of a field or other open area. Each team gets 1 balloon.
- The objective of the game is for the team to move the balloon to the other end of the playing area without holding onto the balloon or letting it hit the ground. Participants can only touch the balloon once, then someone else must touch it.



Skills Explored

Underhand strike, overhand strike, walking, running

Tips...

- Predict where the balloon will go after being tapped
- Watch for your teammates so you know where to aim

Safety

- Make sure teams are spread out across the playing area so that the teams won't run into each other
- Check with participants to see if they are allergic to latex before using balloons

Remember...

Between the ages of 6 and 9 is a great time for children to take part in a wide range of sports, and they should be encouraged to take part in land-based, water-based and ice- and/or snow-based activities at different times of the year.

Canadian Sport for Life

Variations...

- Make it more challenging by having the participants hit the balloon with any body part except their hands. Or have them practice gently kicking the balloon to their partners.
- Implement mini-challenges that the participants must do if their balloon touches the ground. Suggestions include doing 5 jumping jacks or 2 tuck jumps before continuing on with their balloon passing.
- Use a basketball (or similar ball) instead of balloons. Now the teams must bounce the ball to each other to get it to the other side without letting the ball bounce twice between taps.

