

A Balloon Body Ball



10 minutes



3-6 per team

Purpose: To increase hand-eye coordination and have fun

Resources: One inflated balloon for each team, court and two goals

To play this game

- A handball/football style game. To start the game, two players stand together in the middle of the court. The game starts as soon as the referee throws the balloon up high above the two players,
- During the game the referee calls out a part of the body to hit the balloon with e.g. shoulders, elbows, knees. If a player hits the balloon with a different body part they must stand still for 10 seconds. If the balloon goes off the court, the other team can hit it back in. If it goes off the goal-line, it goes back to the middle.
- The winning team is the one who scores the most goals.



Variations

Use different sized balloons - very large ones are easier, small ones are hard.

When one team scores, they stay on and the next team come on.

Two balloons in the game



Teaching/Observation Points

- Is the court an appropriate size for an enjoyable and energetic game?
- Are all the children getting a chance to hit the balloon?
- Is the balloon the right size for the game?

Risk Assessment

- Is there sufficient lighting?
- Warm up arms, shoulders, necks and legs.
- Make children aware that they can easily bump into each other.

Your ideas: