

Lesson 4 of 6

ABCD's of Physical Education



Activities in Small Spaces

EQUIPMENT

one inflated balloon for each student (and some extras)

RELATED RESOURCES

Physical Education Online website, www.education.alberta.ca/physicaleducationonline

Warm It Up

INDIVIDUAL BALLOON PLAY

Check to ensure that students do not have latex allergies before beginning the activity. Provide each student with a balloon and challenge them to keep the balloon in the air by tapping it with either hand, without touching anything or anyone else. Challenge students to try to:

- Keep the balloon in the air while kneeling, while sitting.
- Tap the balloon up, turn around, tap it up again, and turn around in the other direction.
- Keep the balloon in the air without using hands; e.g., use feet, elbows, shoulders, seat, knees, chest, back.
- Bat the balloon as if their hand is a tennis racquet.
- Find other ways to hit the balloon and keep it up.
- Try these activities with a beach ball to increase the level of difficulty.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Activity

Activity

Basic Skills	A(K-2)-5
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can keep a balloon in the air using different body parts individually
- Students can keep a balloon in the air using different body parts while passing with a partner



Whoop It Up

PARTNER AND GROUP BALLOONS

Be sure to take into account the abilities of all students when planning learning opportunities and incorporating variations as needed to ensure learning and success for all.

BALLOON BALANCE: Students balance the balloon on the back of their hand, on two fingers, or on their pointer finger. Challenge students to balance a balloon with a partner by holding a balloon between their heads without using their hands. Further challenge students to hold a balloon between their chests, sides, backs and seats with their partner while moving throughout the activity area.

PARTNER BALLOON VOLLEY: Students volley a balloon back and forth with a partner, without letting the balloon touch the floor. Students tap the balloon near their forehead with the thumbs and fingers of both hands. Try to volley two balloons at the same time.

PARTNER BALLOON BOP: Partners keep a balloon in the air using only their feet, elbows, heads, or knees.

CLOUDBURST: Groups of 6-8 students lie on their backs with their feet and hands in the air and work together to keep a balloon in the air for as long as possible. Students can use their feet and hands, but cannot move off their spot to reach the balloon. Add more balloons to increase the level of difficulty.

BALLOONS IN SPACE: Students stand in a personal space throughout the activity area and on the signal to begin, bat their balloon in the air. Challenge the group to see how long they can keep all of the balloons in the air by tapping them using only a pointer finger. For a greater challenge, continually add extra balloons for students to keep in the air.



Safety First!

For safety, equipment, and supervision considerations when playing games see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Balloon Yoga: Have each student recover a balloon (place extras in a container) and stand holding it gently in front of their chest. Lead the students in slow, yoga like movements with the balloons; e.g., slowly stretch as high as you can reaching up with the balloon and hold the position, tilt to the left and right, reach down as low as you can and hold the position, tilt to the left and right. In a classroom setting, student can stand beside a desk or sit and perform similar movements with the balloons.