

## Lesson 4 of 6

ABCD's of Physical Education



# Games in Small Spaces

### EQUIPMENT

- obstacle free area
- » beach ball for every 2-3 students
- » balloons

### RELATED RESOURCES

- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, [www.education.alberta.ca/teachers/resources/dpa/asp](http://www.education.alberta.ca/teachers/resources/dpa/asp)

## Warm It Up

### KEEP IT UP!

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. Encourage students to tap the balloon with a variety of body parts and explore other ways to keep the balloon in the air. Stop after two minutes and divide the group in half. Invite half the students to demonstrate how they were able to keep the balloon in the air for 30 seconds while the other half observes and then switch roles. Completing the task with beach balls will increase the level of difficulty for those students ready for a greater challenge.

Divide students into groups of 2-3 and provide each group with a beach ball. Challenge students to work together to keep the beach ball in the air. Challenge students to keep track of the length of time they are able to keep the beach ball in the air, and/or to count the number of times they touch the beach ball before it falls to the ground. Encourage students to use a variety of body parts to keep the beach ball in the air.



### Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).



### Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C(4-6)-5

### Clues that students are achieving the outcome...

"Students will identify and demonstrate practices that contribute to teamwork." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can work cooperatively to keep balloons in the air
- Students can identify strategies for successfully working together with others



## Whoop It Up

### BALLOON FUN

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Instruct students to sit facing a partner one meter apart in two long lines. The space between the two lines is called the street. Start at one end of each line and instruct students call out a number beginning with the number one and counting up until all students in the line have called a number. The odd numbered students from one line and the even numbered students from the other line are a team and will work together to move a balloon down the street into the opposing team's goal. Identify which end of the street will be each team's goal.

To start the game, place one balloon on the ground in the middle of the street. On the signal to begin, teams will try to move the balloon down the street into the opposing team's goal. Each team's challenge is to find a way to work together to score a goal. There are no goalies and students are not permitted to leave their spot in line. The balloon cannot be held, it can only be pushed with the palm of the hand. Once students become familiar with the game, try adding more balloons and/or have students stand while playing. This game can also be played in several smaller groups.



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## Wrap It Up

Collect the balloons and create groups of four students by beginning at one end of the lines and grouping two students from each line that are facing each other together. Continue creating groups of four as you move down the lines. Combine remaining students to create groups of 5 where needed. Allow time for each group to discuss what the teams had to do to be successful in scoring a goal with the balloons, and what obstacles they had to overcome to be successful. Invite each group to share one idea with the large group.