



## Balloon Olympics

By IAN Staff on 03/02/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

The next time your kids are pent up inside because of bad weather, try hosting a Balloon Olympics! Easy on the pocketbook and simple to prepare, the Balloon Olympics can be played with one child or easily adapted for several. This activity provides plenty of opportunities for running, jumping, counting and balancing. And with balloons involved, there's sure to be giggling too!

**Group Size:** 10-20

**Location:** Gym

**Estimate Time for Lesson:** 30 minutes

**Estimated Time for Planning:** 30 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

#### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6

#### Materials/Resources Needed:

Balloons

#### Lesson Objective #1:

Practice agility while playing a fun and silly game

#### Lesson Objective #2:

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Today we will play Balloon Olympics and try some silly skills!

#### Instructions:

Blow up the balloons.

Let the games begin! String up a rope or long scarf across a hall or doorway (the larger, the better) and play volleyball. Add a couple of rackets, and you've got a game of badminton.

Mark off a racecourse. It could be as simple as a hallway, or you could set up an obstacle course throughout your house. Can your child walk the entire course with a balloon between his legs?

Have your child balance a balloon on his fingertip for as long as he can.

Bounce a balloon back and forth on a table for a game of ping pong.

Have your child count while bouncing a balloon against a bare wall. Add a new challenge by using one of these variations: stand on one leg, clap three times, or spin around before the balloon bounces back.

Bat the balloon back and forth but don't let it hit the floor! You can play thumbs only, elbows only, etc.

Have your child race while balancing a balloon on the palm of his hand. (Remember—keep the hand flat; don't curve it!)

**Checking for Understanding:**

Observe game play to make sure students are following the rules.

## Lesson Adaptations

**Time Adaptations:**

These games can be as long or short as needed based on time and size of group.

**Location Adaptations:**

These game can also be played on the classroom.

**Age Adaptations:**

## Learning Style Adaptations

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**