

PE2 the Max II

Balloon Unit — K-2

Objective: Students will explore the various ways to develop and improve balloon manipulation skills such as visual tracking, accuracy, control, tapping, catching, right- and left-handed manipulation, and socialization skills through the use of balloons.

Equipment:

✚ One balloon per student; music works great as well

Procedure: Instruct students to sit down in personal space. Give each child one balloon. Note: remind each student that failure to hold the balloon when the teacher is talking will result in it being taken away! Choose the ideas that will work best for you from the following activities. This list is not exhaustive. Feel free to add or eliminate ideas to meet the class objective.

Individual Activities:

Single Skills:

1. Tap the balloon and keep it from hitting the ground:
 - While sitting down
 - While lying on your back
 - While standing
2. Now try tapping the balloon while alternating hits with both hands. Introduce and discuss the difference between dominant and non-dominant hands and feet.
3. Now stand up and hit the balloon as high as you can. How low or close to the ground can you let the balloon get before tapping it back up again?
 - Try tapping the balloon while keeping it at a medium or high level
 - How many jumping jacks (or any other activity) can you do before the balloon hits the ground.
4. Tap the balloon and keep it from hitting the ground or anyone else, while moving around the room.
 - Try tossing and catching the balloon while hopping, jumping, galloping, skipping, etc.
5. Now keep the balloon up using only:
 - Your finger • Your shoulder
 - Your head • Your knee
 - Your elbow • Your shin
 - Your nose • Your heel
 - Your toes • Your back
 - The back of our head

Stepping up the “Game” in Physical Education

Make up your own routine using body parts. For example: hit the balloon with your head, shoulder, knees, and then toes. Show someone your new routine.

6. See how many different body parts you can touch without repeating the same body part. Name each body part as your balloon contacts the body part.
7. Bat your balloon off the wall. Keep score with how many times you can do it.
8. Tap the balloon under your leg and then catch it. Tap the balloon behind your back with one hand before hitting it with the other hand. Throw the balloon up and catch it behind your back.
9. Tap the balloon up and keep it up by blowing it up.
10. Tap the balloon up as high as you can, spin around, and then catch it.
 - Throw, clap, catch
 - Throw, touch the floor, catch
 - Invent your toss and catch, then show someone
11. Now hit your balloon as high as you can. How many circle turns can you make before catching it?
12. Pretend you are a soccer player. Can you dribble down the field and score a goal by kicking it into the wall? Pretend you are playing basketball. Can you dribble and shoot the ball?
13. Without tapping the balloon, balance the balloon using only:
 - Your finger • Your shoulder
 - Your head • Your knee
 - Your elbow • Your shin
 - Your nose • Your heel
 - Your toes • Your back
 - The back of our head
14. Count to ten while tapping the balloon on

each finger as you count.

- Sing the “ABC” song as you touch the balloon for each letter.
 - Sing the “Head, Shoulders, Knees and Toes” song as you touch the balloon with each body part.
15. Pretend you are battling a ninja and karate chop, elbow, and kick your balloon to defeat your enemy.
 16. Pretend you are playing soccer. Can you dribble the balloon down the field and score a goal by kicking the balloon into a wall? Remember, no hands, but you may use your chest, head, knees, and feet. How many goals can you make against each wall?
 17. Pretend you are playing basketball. Can you dribble the balloon down the court and score a goal by shooting the balloon into the basketball goal or trash can?
 18. Now invent your own balloon trick and show someone.
 19. Game: Keep your balloon up, while trying to knock other players’ balloons to the ground. Any balloon touching the ground results in 10 jumping jacks before being allowed to pick it up.
 20. Free time, practicing previously learned skills with the balloon.

Partner Skills:

(instruct partners to share one balloon and sit down to await further instructions)

1. Volley the balloon back and forth to your partner without the balloon touching the floor. Now volley using only:
 - Your hands • Your shoulders
 - Your nose • Your knees
 - Your chest • Your elbows
 - Your toes • Your fingers
 - Your thumbs/pinkies

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2. Now lie down on your backs. Tap your balloon to your partner and keep the balloon from touching the floor. Pass one or both balloons to each other without using your hands.
3. Stand back to back and, without turning around, toss your balloon to your partner to catch.
4. Now volley the balloon off the wall with your partner. Remember to take turns hitting the balloon and see how long you can do this.
5. One partner will create a basketball goal with his arms by clasping his fingers together and forming a circle in front of his body. Note: students do not have to clasp their fingers together if the goal is too small for the balloon. Now see how many shots it takes for the other partner to make a shot in your hoop. How many shots can you make in a row? Can you slam-dunk it? Create a new and wacky way to slam-dunk the balloon.
6. With your partner, move around the gym with one balloon between:
 - Your heads • Your bellies
 - Your knees • Your ears
 - Your elbows • Your backs
 - Your hips • Your bottoms
7. Play "Copycat" by having one partner tap the balloon with 3 different body parts, and then the other partner will get the balloon and must copy their partner by tapping the balloon in the same order with those particular body parts. Now switch the leader. Can you do more than 3 and copycat your partner?
8. Each partner will get a balloon. Both partners tap their balloons to each other at the same time, and then catch the balloon that was tapped to them. Get farther apart as you make successful catches.
 - Continually tap both balloons back and forth
 - See how fast you can tap the balloons back and forth for a speed test.
9. When I turn on the music, play "Follow the Leader" and copy the leader's trick with the balloon. Now switch positions.
10. With your partner, invent your own balloon trick and show someone.
11. Free time, practicing previously learned skills with the balloon or
12. **Exploratory:** add the choice of using a swim noodle, hula hoop, or both and see what creative ideas your students can come up with using these items with balloons. Examples might include using the hoop as a basketball goal or the noodle as a baseball bat.

Group Skills:

1. When I say go, hit your balloons as high as you can. See how long all of you can keep the balloons in the air without one of them touching the floor.