

Balloon Activities

1

From a standing position, throw a balloon up and down and catch with both hands together.

2

From a standing position, tap the balloon from your right hand to your left hand several times.

3

Whilst walking or running around the hall, throw the balloon in to the air and by tapping it upwards try to prevent it from falling to the floor.

4

With a partner, both standing still, throw the balloon to each other, catching with both hands. Vary the distance between each other during this exercise.

5

With a partner, throw and catch the balloon to each other while moving around the hall.

6

While walking forwards around a course of markers or cones, try to keep the balloon in the air.

7

While walking backwards around a course of markers or cones, try to keep the balloon in the air.

8

With a partner, sit facing each other, about 1 metre apart and throw or tap the balloon to each other, trying to keep to a rhythm.

9

From a standing position, with your left hand, bounce the balloon on the floor as you would a ball several times.

10

From a standing position, with your left hand, bounce the balloon on the floor as you would a ball several times.

11

While walking forwards, bounce the balloon on the floor with your left hand.

12

While walking forwards, bounce the balloon on the floor with your right hand.

13

While walking forwards, bounce the balloon on the floor using both hands alternately.



HAVE FUN!