

Balloon Keep-Up - Levels F-3

STAY
ACTIVE

To build teamwork, coordination, and persistence in a fun, energetic group game that promotes movement and connection.



Learning Intentions

Develop Control and Coordination:

Students practise controlled movements to keep the balloon in the air.

Work Together as a Team:

Students collaborate to keep the balloon from touching the ground.

Show Persistence and Fun:

Students keep trying even if the balloon falls, focusing on enjoyment and teamwork.



Success Criteria

Students hit the balloon at least once during the game.

Students keep the balloon in the air together for several successful hits.

Students demonstrate teamwork by encouraging one another and counting aloud.



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Duration: 5 minutes

Objective

To build teamwork, coordination, and persistence in a fun, energetic group game that promotes movement and connection.

What You Need

- 1 or more balloons (medium size, safely inflated).
- Optional: balloons with different colours or patterns to increase engagement.

Gameplay

1. **Start the Game:** Toss one balloon into the air.
2. **Keep It Up:** Students hit the balloon gently to stop it from touching the ground.
3. **Count Together:** Each time the balloon is hit, the group counts the number of hits aloud.
4. **Increase Challenge:** Add more balloons to make it more exciting and test teamwork.

Debrief

- "How did we work together to keep the balloon up?"
- "What strategies helped us reach more hits?"
- "What did you enjoy about playing as a team?"

For Wheelchair Users / Accessibility

- Adjust balloon height and playing area so all students can reach.
- Balloons can be hit with hands, arms, or other safe body parts.
- Peers can assist to ensure inclusion and equal opportunities for all.

Notes for Inclusion

- Every student should be encouraged to take a turn, even if only once per round.
- Celebrate small successes (like three hits in a row) to maintain motivation.
- Use slower-moving balloons (slightly under-inflated) for students who need more time.



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Variations

- **Children's Edition:** Use balloons with smiley faces or drawings for added fun.
- **Fitness Edition:** Add a simple movement rule before hitting the balloon (e.g., squat, star jump, or clap).
- **Teamwork Edition:** Divide into groups and challenge each team to see how many hits they can achieve.
- **Balloon Tennis Edition:** Create a 'net' to have to hit the balloon over, score a point each time the balloon lands over the net on the other team's side.

Additional Notes

This is one of the best short energisers for groups of all sizes. It promotes laughter, persistence, and strong teamwork while improving gross motor skills.

