

# Balloon Keep-Up - Levels C and D

STAY  
ACTIVE

To promote teamwork, coordination, and shared goals through a fun, active balloon game.



## Learning Intentions

### Develop Gross Motor Skills:

Students practise using large body movements to hit and control the balloon.

### Work Together:

Students collaborate to keep the balloon in the air as a group.

### Build Persistence and Enjoyment:

Students experience fun while practising persistence when the balloon drops.



## Success Criteria

Students attempt to hit the balloon at least once.

Students work together to keep the balloon up for multiple hits.

Students show persistence by continuing to play even if the balloon touches the ground.



# Balloon Keep-Up - Levels C and D

# STAY ACTIVE

**Duration:** 5 minutes

## Objective

To promote teamwork, coordination, and shared goals through a fun, active balloon game.

## What You Need

- 1 or more balloons (different colours can be used and encouraged).
- Optional: marker pens to draw faces or designs on balloons.

## Gameplay

1. **Start the Game:** Toss a balloon into the air.
2. **Keep It Up:** Students work together to stop the balloon from touching the ground.
3. **Count Aloud:** As each student hits the balloon, the group counts the hits aloud together.
4. **Add Challenge:** Introduce more balloons to increase difficulty and teamwork.

## Debrief

- “How did we keep the balloon up?”
- “What helped us work together?”
- “What did you enjoy most about this activity?”

## For Wheelchair Users / Accessibility

- Adjust the balloon height so all students can participate equally.
- Balloons can be tapped with hands, arms, or any safe body part.
- Allow peers to assist in guiding the balloon if needed.

## Notes for Inclusion

- Encourage every student to take part, even if just once per round.
- Celebrate all attempts, not just the highest number of hits.
- Provide extra time or a slower balloon (slightly under-inflated) if needed.



# Balloon Keep-Up - Levels C and D

# STAY ACTIVE

## Variations

- **Children's Edition:** Use colourful balloons with faces or drawings for extra fun.
- **Fitness Edition:** Add a movement rule before each hit (e.g., jump, clap, or spin).
- **Teamwork Edition:** Play in small groups competing to see which team keeps the balloon up the longest.
- **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

One of the best energisers for groups of all sizes. Quick, simple, and guaranteed to create laughter and collaboration.

