Hand Striking Activity

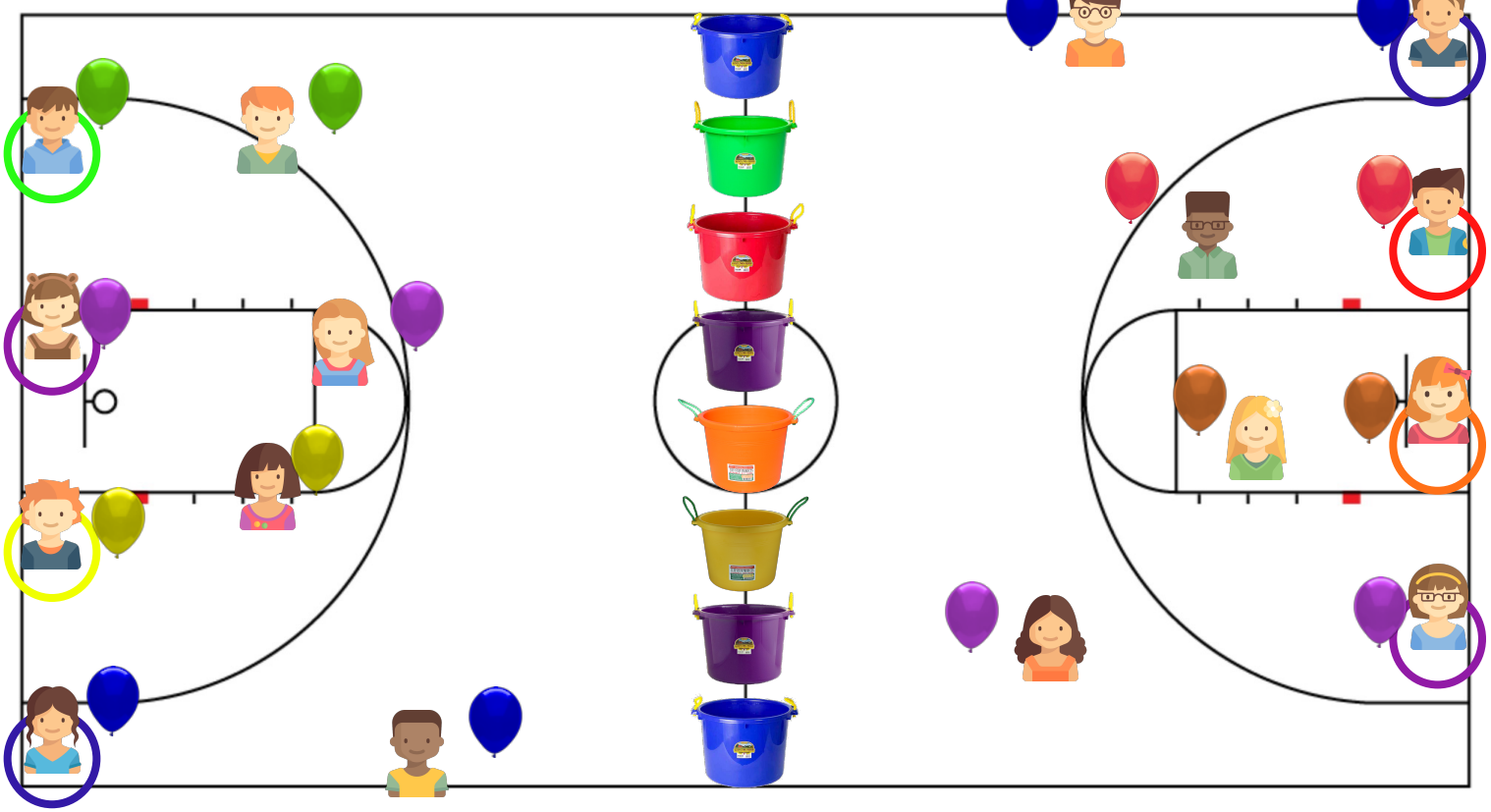
Balloon Frenzy

Activity Sheet by @pe4everykid

Equipment: 1 balloon for each student, 1 hula hoop per 2 students, 1 bucket per 2 students, 15-20 beanbags (or other small objects) in each bucket.

Set-up: Set up buckets down the centerline with the same number of beanbags (or other small items) in each bucket. Color code the hula hoops to the buckets on the end lines. Have students in partner pairs, each with a balloon start at a hoop.

Game Play: When the music starts, one student will stay at their hoop (home base) and keep the balloon up in the air by striking it with hands or other body parts. Their partner will strike the balloon with their hand and travel towards the centerline. They will attempt to "guide" the balloon into their colored bucket. Once it lands in the bucket, the student takes their balloon and 1 beanbag (or other item) out of the bucket and runs back to their home base hoop and drops it in. The partners switch roles, taking turns until they have collected all of their items from their bucket.

Options: You can also play, if the balloon hits the floor, they have to go back and switch with their partner. Or as a cooperative twist, you can have students work together with one balloon and hit it back and forth as they guide it toward their bucket!

Gym Set Up