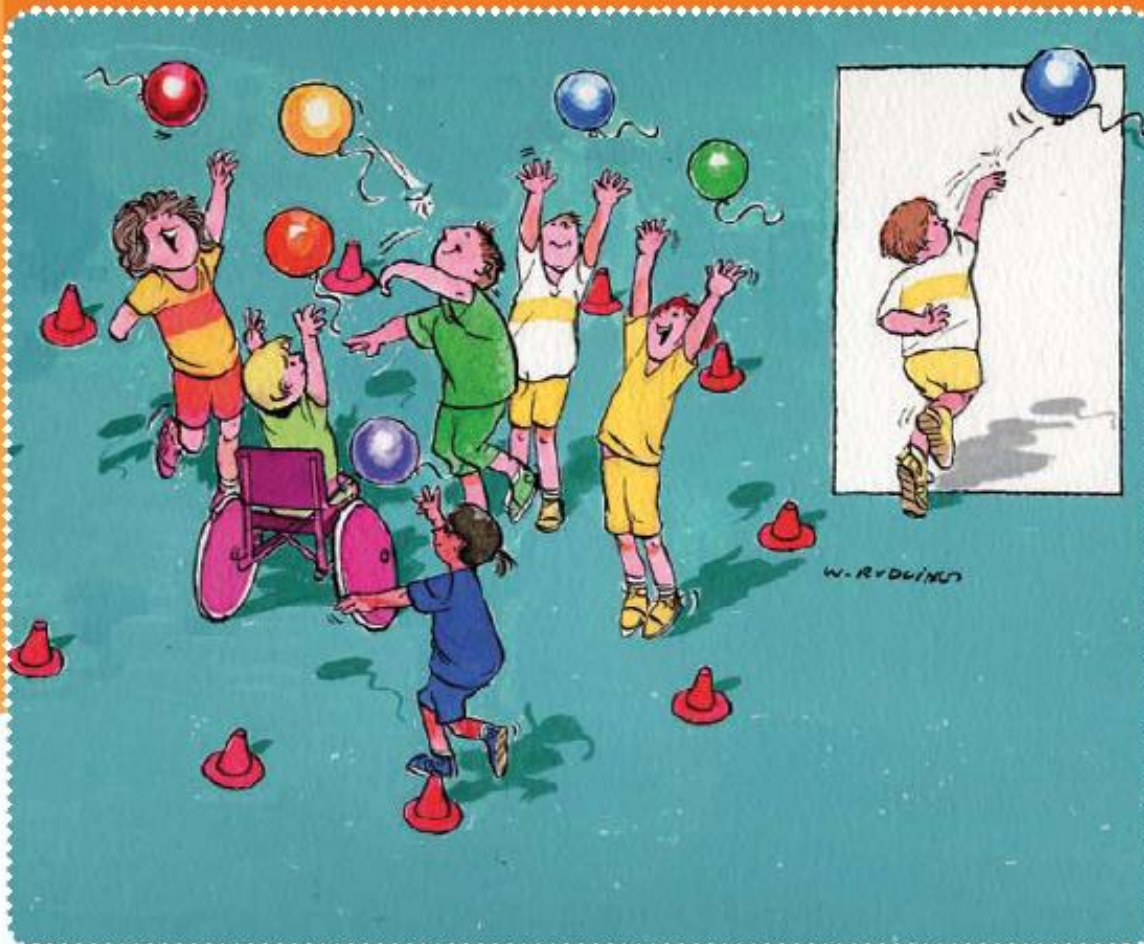


Warm up

Balloon Keepie-up



How to play

- » Each player is given a large balloon.
- » Players move around the playing area, every few steps stopping to throw the balloon into the air and catching it with both hands.
- » Once the balloon has been caught players move into a new space and repeat.

Equipment needed

- » At least one balloon per person
- » Large playing area



STEP

Balloon Keepie-up

	Easier	Harder
S	» Increase the size of the playing area	» Reduce the size of the playing area
T	» Throw the balloon from a stationary position	» Use different body parts to keep the balloon up » Continually tap the balloon while moving around the area » Increase the distance the player has to travel
E	» Attach string to the balloon	» Replace the balloon with a beach ball
P	» Limit the number of people in the playing area	» Encourage players to perform the activity using rapid taps

Tip: Players may need name tags

Impairment specific considerations:

Blind and partially sighted:

- » Use rice in the balloon so that it makes a noise when thrown (ensure the balloon is covered)
- » Use brightly coloured, high visibility balloons

Deaf and hard of hearing:

- » Use picture cards to communicate instructions
- » Use bibs/flags to signal start/finish of the activity

Physical Disability:

- » Attach string to the balloon to keep the balloon close

Learning Disability:

- » Give demonstration before each instruction change