

- **You'll need:** Rackets, birdies, balloons, hoops
- **You can play:** outside, in the gym, blacktop, field

Game 1

Driving Around

Give each player a cone or a foam block as their 'steering wheel'. Everyone will be driving their own car around and listening to the leader/teacher call out different instructions. When leader/teacher says 'highway driving' players drive their car and run around the space quickly. When 'school zone' is called, players need to move their car in slow motion. When 'construction zone' is called, players need to jump over the potholes. When 'out of gas!' is called players need to stand on one leg to fill up their gas tank. 'Stop sign' means players need to freeze where they are.



Add in more calls as players get comfortable



Start with simple calls and then increase the amount as the game progresses

Game 2

Balloon Bump

Provide players with one foam block and one balloon. Players must strike the balloon into the sky to try and keep it off of the ground. Allow players to explore this skill. For an added challenge see if they can keep the balloon up by hitting it against the wall. Be creative and suggest bumping the balloon up high, down low, with their head etc.



Players can progress to a racket



Remind players that its okay if their balloon touches the ground

Game 3

Musical Balloon Bop

Spread hoops or polyspots around the playing space. When the music is playing have players move around the space striking their balloon towards the sky while trying to keep it in control. When the music stops players must run and find a hoop or polyspot to stand on until the music begins again



Place a polyspot on the floor for each partner. Have partners try to stay on or near their polyspot.



Remind players that it is okay if their balloon touches the ground

Mindfulness



Elevator Breathing