

Balloon Rally

Grade Level: 4-6

Skills: Ball control of the inner foot for soccer skill development and balancing.

Objective: **Standard 4.N.4:** Examine how health can be managed through healthy eating and physical activity.

Equipment: Balloons or beach balls, one for every two students.

Organization: Scatter formation.

Activity: Students will spread throughout the gym. They will work as a team to keep the balloon or beach ball airborne using the instep of their feet. You may vary the consecutive kicks to change the activity, e.g. three times for one student, then three for the other student. It also worked to do this activity in a four-square setting. Once the balloon drops to the floor, students can start over and attempt to obtain a higher consecutive streak.

Variations: Have the students keep the balloons up with fingers, end of foot, heels, knees, etc. Allow one or two bounces in between kicks for lower grade students. Children are in scatter formation on their backs, have a balloon rally in this manner.

Closure: What are some challenges to your health when you eat a poor diet?

How does physical activity help your lifestyle?

Why is it important to keep the balloon close as opposed to far away? (control)

Piloted at: Doxey and West Clinton