



Balloon Keepy Uppy

The aim of the game is to keep the balloon up in the air and not touch the floor.

If you haven't got a balloon use an object (e.g. tennis ball, socks, toilet roll) and using your hands try and hit it the object in the air and keep off the floor

- 1) Make sure you have enough space and the area you are using is safe
- 2) Hit the balloon/object up in the air
- 3) Keep the balloon/object in the air for as long as you can

Simplify



Progression

- Use two hands
- Allow the balloon/object to bounce once
- Increase area
- Stay within an area
- Time limit
- Only allowed to use one hand

#StayHomeBeActive