

Top 10 Balloon Ideas for Physical Activity

Get Active



(1) Balloon Football – Kick the ball back and forth or try balloon keepy uppies.



(2) Balloon Tennis - If you don't have a racket, use a fly swatter, spatula, wooden spoon or paper plate taped to a ruler.

(3) Balloon Volleyball – Use the washing line or hang a ribbon as your net.



(4) Balloon Batting – Use a cardboard tube (from wrapping paper or tin foil) as a bat to strike the balloon as it's thrown to you.



(5) Balloon Hockey – move the balloon along the floor using a stick, a hurl, a sweeping brush or a rolled up length of newspaper.

(6) Tie a balloon to a piece of string and ask an adult to hang it from the ceiling or a door frame. Use this to practice kicking, catching or striking.



(7) Make a line on the floor with masking tape (inside) or chalk (outside). Crawling on the floor, blow the balloon along the line. You can put some obstacles on the line to blow the balloon around for extra challenge.



(8) Create a start and a finish line. Keep the balloon up in air using any part of your body (without holding it) while walking or running to the finish line.

(9) Put the balloon between your knees and have a waddling or jumping race.

(10) Write different letters of the alphabet on balloon using a thick marker. Throw and catch the balloon. When you catch it, see what letter the tip of your pointer finger is closest to and say a word beginning with that letter.



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Foundation