**Balloon ‘Keepie Upie’**

Give each child a round blown up balloon

Children to first throw the balloon in the air and catch it

Next throw the balloon in the air and strike it with their hand

See how long they can keep the balloon from touching the ground

What other parts of the body can you use to keep it off the floor?

Try your knee

Try your head

Try your shoulder

Now kick it into the air

Can you do this while standing still?

Can you do this while walking forward?

If any balloons burst, make sure to find all pieces as they can create a choking hazard.

**Benefits**

Helps develop gross motor skills, balance and hand-eye coordination.

**S.T.E.P. into Year 1:**

 T - Introduce work in pairs, threes. Make up catching games that include points – children can make them up.

 E - Introduce balls instead of balloons for children who are more-able.

 P - teams of 2/3/4

 **STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**