**Props**

Equipment:

Balloon/tinfoil/anything that can be manipulated

1. Children to mimic what you do with your prop

2. Using the balloon

3. Stretch it from top to bottom – children to stretch up high on tippy toes

4. Stretch it from side to side – children to stretch their arms and legs out to the side

5. Scrunch into a ball – all to curl into a ball

6. Blow the balloon up – all to become as round and big as they can go

7. Let the balloon go – all to run around like a wriggling balloon and then fall on the ground

8. Repeat all the moves

9. What else can you use?

**Benefits**

Can support skills, other areas of learning, topics, imagination, spatial awareness, concentration, listening.

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

S - Create an obstacle course for the prop to travel around, or to travel around in your bubble/balloon. Make the track as wide, or as slim, as you like, this will be dependent on the ability of the child.

T – Create an active story with the prop.

E – Use larger equipment if they are finding this difficult. Bouncers.

P – Can you share your balloon with someone else? Can you work in a pair to create…?

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



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