

# Balloon Zoom

Blow up the balloon, let it go and try to catch it. Can you catch it?

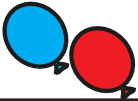
## How to play

- In a large circle, players blow up a balloon each. They hold it to stop the air escaping but they do not tie it.
- One at a time, players release their balloon and chase it, trying to catch it as it whizzes around.
- Repeat with own balloon only.



## Equipment

Balloons.



## Safety tips

Check for latex allergies or balloon phobias.



This activity links to the Change4Life Primary Sports Club Flight theme.

# Challenging Me: Providing challenges and ideas to develop the whole player

Thinking Me	Consider how you could release your balloon to make it travel as far as possible.
Social Me	Share with other players how you tracked your balloon as it whizzed about.
Healthy Me	Try checking your heart rate before and after the balloon activity to see if it's gone up.
Physical Me	Consider how you could move efficiently and safely to catch your balloon before it falls to the ground.
Creative Me	Create a game that involves watching an object before you catch it.

## Great for playing...

- in Change4Life Sports Clubs
- at playtime/lunchtime
- at home



## Making this game work in a small space

Place a marker on the floor or a table top. Players release their balloons and watch as they whizz around. Whose will land closest to the target? Players do not chase their balloon.

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## STEP: Making the game easier and harder and including ALL young people

**SPACE** Spread players out to provide easier sight of balloons when chasing.

**TASK** Place a target on the ground. The players release their balloon hoping it will land on the target.

**EQUIPMENT** Add targets, use balloons of varying shapes and sizes.

**PEOPLE** Players take the role of judges to identify who caught their balloon first, whose travelled furthest, and whose was nearest the target.