

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Balloon Rope

Game Description:

Great for striking, tracking and vertical jumps

Objective:

To incorporate vertical jumping into a striking and tracking game.

Game Rules:

Hang a rope between two posts or from hooks on the wall. Have balloons or sponge balls hanging at different heights from the rope. The children can either choose a balloon that is the right height for them and jump to hit the balloon or the children can start on one side and move down a rope trying to jump and hit each balloon or ball tied to the rope.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Coordination
Jump
Strike
Track