Month : AUGUST

Theme: Competition: Lesson 29

1. Objective of lesson:

1. Build skills to catch and throw

2. Learn Team Skills

3. Stay active and healthy

2. Activities and Key learning points Time: 30-45 min

Red (Center based program)

1. Allow room to all sit in a circle.
2. Staff blows up balloons of different colors.
3. Staff sit in the middle of the circle
4. Start with one balloon and take turns to tap the balloon back to the staff in the middle. Complete a few times.
5. Compete to see who can tap the balloon into the air the most (provide choice of color balloon). Count as a group.
6. Provide positive reinforcement

Blue (Center/community based programs)

1. Allow room to all sit in a circle.
2. Staff blows up balloons of different colors.
3. Staff sit in the middle of the circle
4. Start with one balloon and take turns to tap the balloon back to the staff in the middle. Complete a few times. Add as many balloons as the group can handle.
5. Allow for volunteers to sit in the middle to be the leader of the group.
6. Compete to see who can tap the balloon into the air the most (provide choice of color balloon). Count as a group.
7. Pair up and see what pair can tap back and forth the most.
8. Provide positive reinforcement

Green (Community Based)

1. Separate into 2-3 teams. One staff per group.
2. Blow up balloons of different colors.
3. Each team stand/sit in a circle while Staff stand in the middle
4. Allow time to practice tapping balloon back and forth
5. Ask the groups to spread out (staying as a team, take three giant steps back)
6. Compete to see what group can tap the balloon to the person next to them. If the balloon hits the ground the group must start over. Encourage the teams to cheer for one another.
7. Compete to see what group can tap the balloon to the person next to them the longest. Count how many times the balloon went around the circle. (full circle=1)
8. If time allows, provide time for everyone to compete independently to see who can tap the balloon the longest.
9. Provide positive reinforcement

Supplies needed

1. Bag of large balloons

Feedback on Lesson what went right/wrong?

1.

2.

3.