

Physical Education Lesson – May 11th

Grade Level: 5th

Title of Lesson: Balloon Challenge

NYS P.E. Learning Standard #1 – Students will have the necessary knowledge and skills to Establish and maintain physical fitness, participate in physical activity, and maintain personal health

Warm-Up

- 10 Jumping Jacks
- 10 Toe Touches
- Jog In Place for 30 seconds

Items needed for activity: Plenty of space, parent/guardian permission and at least one balloon or a small soft ball (something squishy works best)

Challenges

1. Can you use the palm of your hand to hit the balloon 5 times into air without letting it hit ground?
2. Can you use the back of your hand to hit the balloon 5 times into air without letting hit ground?
3. How many times can you hit the balloon into air before it hits the ground?
4. How many times can you hit balloon into air using only your head before it hits the ground?
5. How many times can you hit balloon into air using only your elbows before it hits the ground?
6. How many times can you hit balloon into air using only your feet before it hits the ground?
7. How many times can you hit balloon into air using only one finger before it hits the ground?
8. Can you keep the balloon in the air for one minute using the pattern hand, head, leg, hand, head, leg, etc. over and over
9. If you have a partner available to try the challenge with you then try each of the above challenges together. Or, if you and your partner feel up to it, you can compete with one another. Start at challenge one and take turns trying each challenge. If successful at one then you can move onto the next. Whichever of you completes the most challenges is the winner.
10. LAST CHALLENGE – How many times can you use ANY part of your body to hit the balloon into the air before it touches the ground?

Cool Down

Stand on tiptoes and reach both arms into the sky (try to touch ceiling) – Do this 3 times for 10 seconds each

