


These PE Activities are for you to work through this week...




Activity: Balloon Bonkers

 **Step 1:** Work in a small group to create a game using a balloon that will increase your heart rate.

This could be something you play individually, in pairs or small groups.

Step 2: Share your game with others, explaining how to play and any rules.

 Can you suggest any changes that will make the game more fun or challenging?



Activity: Balloon Bonkers

STEPs to make it work for everyone

Think about what changes you might look to make to play your balloon game at home.

- Do you need to adapt the game to make it safe in the **space** available at home?
- Do you need to make the **task** easier for anyone at home to be able to join in?
- Would adding **equipment** from around the house, such as a teddy or a chair, make it more fun?
- Who could you get involved? Is there 10 minutes in the day where more **people** could join in?

For reference, STEP's relates to a method to make a task easier or harder by changing the Space, Task, Equipment or People.

- Design your own balloon game using the ideas above. Make sure you can differentiate the game (making it harder for some people and easier for others)
- Write out the instructions and design a poster to advertise your game.
- Make sure you have tested the game thoroughly, so that you have experienced and tweaked any problems.