

Movement In The Arts

Grades K-2

Keep it up

Equipment needed: a balloon or a beach ball

Rules: This game can be played with another family member. Students are going to try and keep the balloon or beach ball up in the air for as long as possible. We are going to count the amount of touches we get in a row before the balloon touches the ground. (working on counting #'s for the younger children) Every time the balloon touches the floor we should do an exercise!

The first time the balloon/ball touches the ground, the student should do 1 squat.

The second time the balloon/ball touches the ground, the student should do 2 squats.

Try to play this game with a 10-minute timer. See how many touches you can get in a row before the balloon/ball touches the ground.