

BALLOONBALL



YOU WILL NEED

- Family or friends
- A scarf or a skipping rope
- A balloon

HOW TO PLAY

- Divide the group into two teams – A and B.
- Create a net between the teams using a rolled-up scarf or a skipping rope. If playing inside, players must remain seated at all times. If playing outside then players could stand or sit.
- Team A starts with the balloon and ‘serves’ (throws) it across the net to try to get it to bounce on the floor on the other side. Team B must try to stop it from touching the floor and pass it back across the net.
- If the balloon bounces on the floor on the other side, the serving team scores a point and serves again. If the balloon bounces on the servers’ side of the net they lose the serve. A team can only score when serving.
- The aim is to get the balloon to bounce on the floor on the other side of the net.

REMEMBER...

- Make sure you have enough space around you and don’t climb on to your knees!