



#FontanaTogether

## Balloon Pop/Tag

### Equipment:

- String or yarn
- Balloons
- Music

### Skill Emphasized:

- Cardiovascular endurance

### Organization:

1. Arrange an open floor space (indoor or outdoor).
2. Set up boundaries! An area that kids must stay within (can be any shape).
3. Prepare a 3ft string and one balloon for each participant.

### Instruction:

#### Warm up and stretch before any type of physical activity!!

1. Tie a balloon to each player's right leg with a three-foot length of string.
2. When everyone is ready with their balloon tied on, have participants spread out while staying within the boundaries.
3. The goal is to pop or tag the other players' balloons by stomping on them.
4. Have everyone start after you say ready...set! ... Ready...set!.....GO!!
5. Once a participant's balloon is popped, they are out... They must walk to outside of boundary and cheer on the person that popped their balloon!!
6. Have them pick up the bits of balloon left on the floor afterward. They're a choking hazard for littler kids and animals (if you decide to attempt this activity outside).

### Modifications/Variations:

- Place a balloon on each leg so that each participant has "2 lives".
- So that no one is out forever, have participants that have lost their balloon complete a task/exercise. Once completed, hand them another balloon so that they may re-enter the game. Set a time limit, and the participant that used the least number of balloons at the end...wins!

