

Bubbles

Group Size: 20-30

Age Group: K-6th+ grades

Length of Activity: 10 minutes

Developmental Goal: To develop cooperation skills and eye-hand coordination.

Skills Practiced: Awareness and gross muscle control

Equipment Needed: One or two beach balls

Set Up: None

Before You Start:

- Spread out students in an open playing area sitting on the ground.
- Talk about safety and demonstrate how to avoid contact with each other.

How to Play:

- The object of the game is to keep the ball up as long as possible by hitting the ball in the air.
- Students should call the ball by saying “I got it!”
- Students can only hit the ball one time in a row.
- Students must remain on the ground.
- They can use any part of their bodies to hit the ball.
- To challenge them, talk about setting a school record.

Variation(s):

- Add another beach ball.
- For more advanced groups, add on more challenges such as going in sequential order and/or seeing how many hits they can get in one minute without dropping the ball or going out of order.
- Once students understand the concept of positions, being responsible for the area around them and not intruding on the space of other students, you may allow them to stand up and play.

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