

## 7 Balloon Olympic Sports

### **Balloon Volleyball**

#### **Materials Needed:**

- Painter's Tape
- Ribbon
- Balloon

#### **Activity Instructions:**

Secure a long piece ribbon across a room for a net.

Divide the players into two teams on either side of the string.

One team serves by hitting the balloon over the string and the other team must return the balloon without allowing it to fall to the ground.

When the balloon is no returned, the other team scores a point.

First team to reach 10 points wins.

### **Balloon Tennis**

#### **Materials Needed:**

- Painter's Tape
- Ribbon
- Balloon
- 2 Flyswatters

#### **Activity Instructions:**

Secure a long piece ribbon across a room for a net.

Divide the players into two teams on either side of the string.

One team serves by hitting the balloon over the string using the flyswatter. The other team must return the balloon without allowing it to fall to the ground.

When the balloon is no returned, the other team scores a point.

First team to reach 10 points wins.

## Balloon Hockey

### Materials Needed:

- Balloons
- 2 Flyswatters
- Hamper/Cones

### Activity Instructions:

Blow up all the balloons. Use a hamper or cones to make a goal on each side of the room. Split the kids into two teams.

Give each person a flyswatter. Each team has to try to score goals by hitting the balloons into the opposing team's goal.

### *Tips*

- If this game ends up being a bit too frantic with everyone piling in to hit the balloon puck, create zones on the floor using masking tape. Allocate a player from each team to each zone – they're not allowed to step outside that zone, although they are allowed to reach into a neighboring zone with their long balloon to try to help a teammate. If a player does step into someone else's zone, have them sit out for  $x$  amount of seconds – the amount of time will depend on how long you're playing for.
- Have a few spare long balloons and split them evenly between each team. If a team uses all their spares, any further players that have a burst balloon have to sit out for the rest of the game. If this is due to another player deliberately bursting their balloon though, the player that burst it should have to hand over their balloon and sit out instead.

### *Winners*

The winning team will either be the team that scores a pre-specified number of goals first, or who scores the most goals by the end of the game time.

## Balloon Basketball

### Materials Needed:

- Balloons
- Giant Reusable bag

### Activity Instructions:

Hang the reusable bag on a door handle or on top of a door. Have the kids try making their balloon basketball into the basket. See how many times they can score.

## **Balloon Baseball**

### **Materials Needed:**

- Balloons
- Wrapping Paper Tube
- Duct Tape

### **Activity Instructions:**

Wrap the wrapping paper tube in duct tape to make it sturdy. If you don't have a wrapping paper tube, you can tape multiple toilet paper tubes or paper towel tubes together to create a bat. Blow up the balloons. Play ball!

## **Balloon Golf**

### **Materials Needed:**

- Balloons
- Wrapping Paper Tube
- Duct Tape
- Hula Hoop

### **Activity Instructions:**

Blow up multiple balloons for this game. Set out hula hoops around the house. Using the balloon baseball bat, hit the balloon across the floor as close as possible to the hula hoops. If your child does not want to count the amount of strokes it takes to get to the hula hoop, you can make this game a fun competition to see how long it takes for the child to get all the balloons into a hole.

## **Balloon Relay**

### **Materials Needed:**

- 10 or more Balloons
- 2 Basket

### **Activity Instructions:**

Blow up multiple balloons for this game. Hide the balloons around the house. On your mark, have the child grab one balloon and run (or speed walk) to bring the balloons back to the basket. Time them to see how fast they can collect all the balloons.