1. **Balloon activities** - have students set up balloon challenges or create some other activities. The following are suggestions to begin with.
   - Suspend it on a string and hit it with the hand.
   - Hit a suspended balloon with different body parts.
   - Suspend the balloon using a volleyball standard. Tie the balloon to the rope.
   - Set the standards in various ways - make different patterns.
   - Tie loops in the rope and suspend the balloon from the loop.
   - Magic Wall - place a sheet or parachute over the rope and have students toss balloons or yarn balls over the wall.
   - Put something in the balloon - drops of water, bell, penny
   - Balzac (cloth covering to a balloon) - can someone sew this for you
   - Hit a suspended balloon with a fly swatter.
   - Use a noodle or pipe insulation to hit the balloon.
   - Dowel rod with a clothespin on the top - suspend the balloon on a rope and attach it to the clothespin. Secure the rod onto the chair or tabletop. Student can hit the balloon without having to run for the balloon
   - Tap the balloon with your hand 5 times?
   - Tap the balloon with one hand and then the other 10 times?
   - Tap the balloon with a different body part and then with your hand?
   - How many different body parts can you hit the balloon with?
   - Can you hit the balloon with a body part and then catch it?
   - How many times in a row can you hit the balloon?
   - Can you hit the balloon using two body parts and catch it? (elbow, head, catch)
   - How many different body parts can you hit the balloon with and still catch it?
   - Can you toss it in the air, kick it up with your foot and catch it?
   - Kneel down and hit the balloon with your hands.
   - Kneel down and tap the balloon from your head to your hand.
   - Lie on the floor, tap the balloon with your hands and kick it back with your feet.
   - Lie on the floor, tap the balloon up in the air by using different body parts.
   - How high can you tap your balloon in the air?
   - Can you tap it high and then tap it low to the ground?
• How high and how low can you tap the balloon?

2. Scarves-
   • Put the scarf on various body parts for body identification.
   • Squeeze the scarf into a small ball.
   • Pass the scarf from one hand to the other.
   • Toss the scarf from one hand to the other.
   • Toss it in the air and visually watch it land on the floor.
   • Toss it in the air and catch it.
   • Toss it in the air and have it land on a body part.
   • Hold it in one hand and shake it high and low/fast and slow.
   • Put on music and shake the scarf to the music. Try a variety of styles.
   • Wave the scarf in patterns-wide arc, lasso, circles to the side of the body, overhead, in front of you.
   • Pass the scarf in a circle as music plays.

3. Chair Aerobics- Have everyone seated in a circle. Use a variety of music. Begin with movements that everyone is able to do. You may want to do arm movements and then leg movements separately. You may want to repeat each movement four times-count it out loud for each repetition.
   • Swim arms
   • Large claps
   • Alligator claps
   • Roll hands forward and back
   • Shoulder shrugs
   • Arm circles
   • Tap knees
   • Tap shoulders
   • Cross mid-line-touch opposite shoulder or knee
   • Lower leg lifts
   • March in place
   • Flutter kick
   • Seated jump with feet only