



Balloon Circuit

Overview

A **Balloon Circuit** is a fun, fast-paced way for students to use the Functional Fitness Charts in small groups. Each group pops a balloon that contains the number of a specific chart, then goes to the area where the chart is displayed and completes the exercise on the corresponding chart. The circuit is completed when all of the balloons have been popped.

Materials Needed

- Six Functional Fitness Charts
- Thirty-six balloons
- The numbers 1 to 6 written on individual small pieces of paper, six times (so you will have six 1's, six 2's, etc.)
- Four benches
- Selection of music to play throughout the game and music player

Preparation

- Place one of the numbers inside each balloon before you inflate it.
- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Number the charts from one to six and display them in the gym. Ensure that there is enough room at each station for a group of students to perform the exercise at the same time.
- Distribute the balloons in the corners of the room, using benches laid on their sides to keep them in place.

Suggested Approach

- Divide the class into groups of four or five.
- Explain how the activity works. On your signal, each group will run together to a corner and grab a balloon. They will pop the balloon to get the number that has been placed inside of it. The group will jog to the station of the same number and perform the exercise on the Functional Fitness Chart that is displayed at that station. When they have finished the specified number of repetitions, the whole group will jog to a corner of the room and get another balloon to pop. Again, they will go to the station with the corresponding number and perform that exercise. Students will continue in this manner until all of the balloons have been popped. Ask students to track the number of stations they visit by keeping the number they retrieve from each balloon they pop.
- Begin to play the music to signal for students to begin. Play music continuously for the duration of the circuit with no pauses.
- Have students complete the activity as outlined above. Because of the random nature of the balloon selection, groups may end up performing an exercise more than once, or may not visit a station at all.
- Students will continue popping balloons and performing the corresponding exercise until all of the balloons have been popped.

