



Balloon Circuit

How It Works

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, and then goes to the area where the chart is displayed and completes the exercise on the corresponding chart. When they have finished the specified number of repetitions, the 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.

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
- 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. 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

- Ensure that your students are familiar with each exercise you choose before using it for this activity
- Explain how the activity works
- Divide the class into groups of four or five and begin!