

Balloon Bop

Introduction: Students in the first grade need to learn to “skip count,” that is, count by using a certain pattern. For example, in first grade, students are required to skip count by ones, fives, and tens. However, the younger students may feel that skip counting can be mundane and boring. By combining skip counting with a physical activity, first graders will be anxious to learn the objective and have fun at the same time.

Grade Level and Subject: 1st Grade Math and P.E.

TEKS: Math – 4B, 5A
P.E. – 1C, 1D, 2A, 2B, 3A, 7A, 7B, 7C

Materials: Numerous blown-up balloons

Resource: *201 Games for the Elementary Physical Education Program* by Jerry D. Poppen.
ISBN: 0-13-042061-1

Activity: Once the students have practiced counting by ones, fives, and tens, they should be taken outside to complete this activity.

On the playground, the teacher should divide the students into teams of 5-6 players. Each group should join hands and form a circle with plenty of room around it. Their hands should be joined at all times.

The teacher will begin the activity by throwing a balloon into the center of the circle. The students are to keep the balloon afloat by using their joined hands to hit the balloon into the air. Every time the balloon is hit, they are to skip count — either by ones, fives, or tens. If the balloon hits the ground, the game is over, and the teacher will throw a balloon into the circle to begin the game again.

An option would be for the teacher to direct the students on skip counting by telling them which numbers to skip count (ones, fives, or tens). This might avoid confusion on the part of the students.

Also, the students might want to try to hit the balloons with their elbows, heads, knees, or feet as they skip count. They can even try blowing the balloons up in the air while skip counting.

As the students’ skills progress, the teacher might add two or three balloons for each group to try and keep afloat.

Evaluation: The teacher will monitor all game play for safety and correctness. He or she might want to call out the numbers until the students are knowledgeable about which numbers come next.



CANCER PREVENTION &
RESEARCH INSTITUTE OF TEXAS

Updated February 2016