

Traditional game - Balloon Strike

Balloon strike - An adaptation of a traditional game.

Age Range

Any Age

What you need

- String, lightweight rope (3-5 metres length)
- Balloon(s); beach ball; lightweight ball
- Option: two posts or stands
- Eyeshades
- Stick

How to play – game basics

- Suspend the string/rope between the two posts/stands – just above head height; alternatively, two people can hold the string.
- Attach a balloon or lightweight ball (like an inflatable beach ball) from the string – midway between the posts.
- Each player in turn approaches the balloon with the stick. They are allowed to orientate themselves, then they must wear the eyeshades.
- They try to locate and then strike the balloon with the stick.
- If they miss, they can remove their eyeshades to see how close they got to the balloon.



Something to think about

Allow players to have more attempts (for example, 3 goes) – particularly when they are learning the game.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- To really challenge a player, turn them around 3 times after they put on the eyeshades.
- Players can hold the stick in different ways; both hands, one hand.
- Play without a stick – just try to touch using one or two hands.

hEzebe (People)

- As a start point, or to assist players who have vision impairments, position a guide behind the balloon who can call or clap to help the player locate the target.
- For players who are using a wheelchair, for example, lower the height of the string line.

quSaquse (Equipment)

- To increase the chances of success, add more balloons/balls to the string (more targets).
- Some players can use a tennis racket instead of a stick.

bOta (Space)

- To challenge or support players, the distance between where they start and the balloon can be increased or decreased.
- Increase or decrease the size of the balloon.

Safety

- Make sure no-one enters the playing area once the player has the stick.
- Allow plenty of space around the balloon.
- If the player comes close to those holding the string, stop the game and reposition.

How to improve

Allow players to practise, and orientate themselves to the playing area, before they start wearing the eyeshades.



Extension game – Moving target

- 4-6 players stand in a circle facing inwards.
- They pass or throw a bell ball or alternative sound ball around the circle.
- A player wearing eyeshades, inside the circle, tries to place one or two hands on the ball, or touch it in flight.
- If the player in the middle touches the ball, they change with the last person to have the ball.