

SKILL-RELATED FITNESS

Challenge Activities

Walloon Challenge

[YouTube Video Demo](#)

What you need: 1 balloon (or small, light ball), 1 wall, 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

The object of this game is to count the number of times that you can successfully volley your balloon (or ball) off of the wall in 1 minute.

On the start signal, you will tap the balloon toward the wall so that it bounces off the wall back to you. Keep your volley going, counting the number of successful volleys (taps).

If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?

