KEEP IT UP

The Goal:
Strike or toss objects up as many times as possible. Beat your best score or the clock!

What You Need:
1–3 Lightweight objects (balloons, plastic bags, Scarves, or punch balls)

How To Play:
● Clear a 10’ indoor or outdoor space. Start with 1, 2 or 3 lightweight objects.
● Modify as needed based on individual needs.
● Don’t let the object(s) hit the floor. If it does, pick the object(s) up and keep going.
● On the start signal, strike objects upward. Count how many hits you can score.
● If using multiple objects, alternate striking each object. Don’t strike the same object twice in a row.

UDL Mods:
● Create a learning environment based on individual needs/abilities
● Suspend a balloon on a string
● Place objects on tray or table top
● Use fan/blower to manipulate objects
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Watch this activity demo on YouTube

Picture Communication Symbols® courtesy of Boardmaker 7.

Balloon  Toss  Hit Balloon  Keep Up