

KEEP IT UP

Watch this activity demo on  YouTube 



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

Boardmaker®



in support of

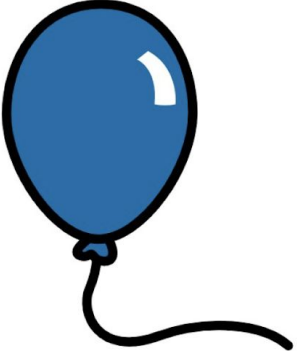
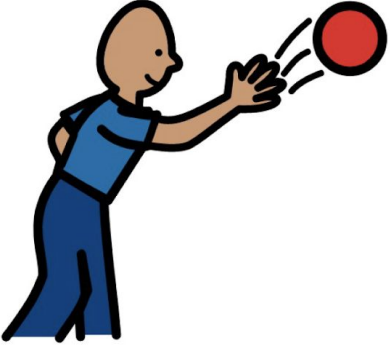

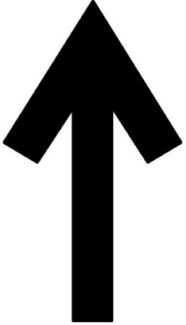


KEEP IT UP

Watch this activity demo on  YouTube 



Picture Communication Symbols[®] courtesy of Boardmaker 7.

 <p>Balloon</p>	 <p>Toss</p>	 <p>Hit Balloon</p>	 <p>Keep Up</p>
--	--	--	--

Boardmaker[®]



BSN SPORTS[™]
THE HEART OF THE GAME

in support of



St. Jude Children's
Research Hospital[®]
Finding cures. Saving children.
ALSAC · DANNY THOMAS, FOUNDER

