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# Hit

**Number of Participants Required:** 2+

**Equipment Needed:** Hockey stick, Ball/Puck

**Time:** 5+

## How to Play:

- Start by pairing children up and giving each pair a balloon which they had to hit to each other
- If it touched the floor, the sharks would eat it
- Split the group into two teams and stand them either side of a tennis net (or line)
- The children then played a volleyball style game using the balloon
- Adding extra balloons meant nobody was standing still for long
- As the balloons fall so slowly, it gives the children more of a chance to hit the 'ball', building confidence, and if it does fall on the floor, they don't spend half the lesson chasing balls

**Related Activities:** [Striking](#)<sup>[1]</sup>

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**Source URL:** <http://letsplaybc.ca/toolkit/activities/hit>

### Links:

[1] <http://letsplaybc.ca/category/skills/striking>