

Balloon Tennis

Balloon tennis is a great activity to bring out on rainy days, when there is excess energy to be used up. Get busy making the 'racquets' on a fine day, so that you're nicely prepared for when the heavens open!

Equipment

Paper plates
Jumbo lolly sticks
Gaffer tape
Paint
PVA glue
Masking tape (optional)
Balloons

Method

1. Paint the plate with a mixture of paint and PVA glue. This will give the plates a bit of colour, and make them more rigid when the paint dries.
2. When the paint has dried, tape a lolly stick handle onto the back of the plate, using the gaffer tape.
3. Blow up a couple of balloons; the more inflated the balloon, the more buoyant it is, so a partially inflated balloon means that you have to work harder to keep it in the air!
4. Using the masking tape, mark out a court and play tennis!

Areas of learning and development:

PSED (Personal, Social and Emotional Development)
PD (Physical Development)
EAD (Expressive Arts and Design)



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