



## Pop as many balloons in 30 seconds as you can



Practice your superhero smash by popping as many balloons as you can in 30 seconds without using your hands. Work in pairs or teams

### Time



Age  
5 - 7  
7 - 11  
14 - 18

### Environment



Equipment  
Balloons

### Price



Subject  
P.E.

### Activity Type



Soft Skills  
Communication  
Gross Motor Skills  
Resourcefulness  
Teamwork

