

# Activity Guide

# AirLites

## What Are the Educational Applications?

Activities that involve manipulating an object are important in a physical education setting. In the same respect, students should also understand the importance of body control. By having body awareness, a student can fine tune movements and have success performing various skills. Often when using an oversized object students are close in proximity and to have success must be able to demonstrate body awareness to others as well as be able to show body control to manipulate the object.

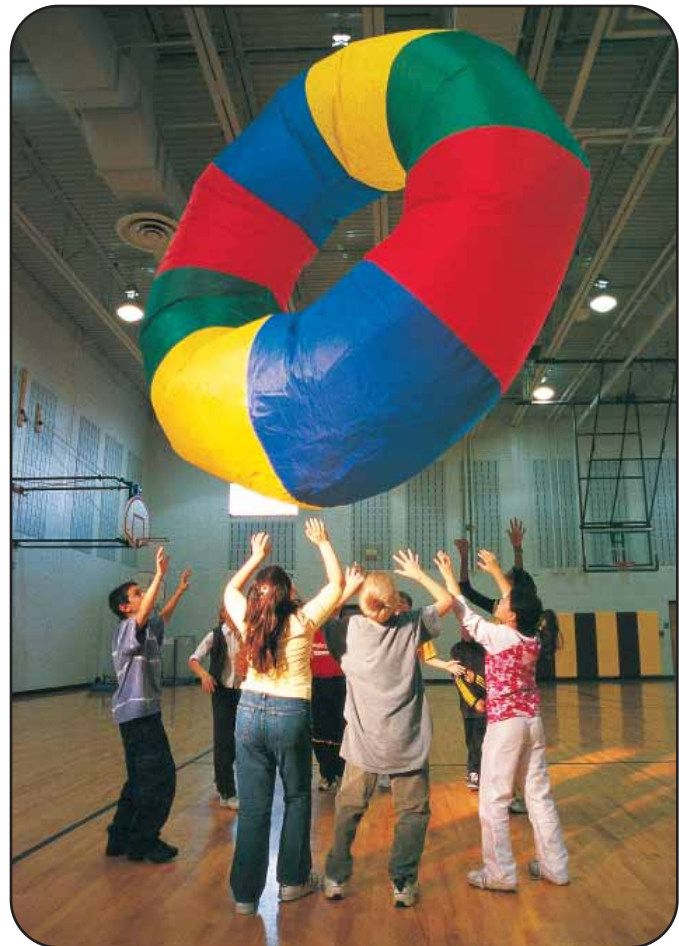
## How can I Use This Product With My Students?

Bring a new level of success for all your students. Participants can move their AirLites across the activity room without it ever even touching the floor. They'll literally float their way through your activities room! AirLites are oversized, lightweight, air-filled shapes that seem to float on air. Students will love when they walk in and see the Airlites blown up. Watch them all have greater fun in class with greater success. Their large size makes it easy to track and play with. Students will be motivated and excited to participate. They will learn that it takes several people to maneuver the Airlite, making it a great team-building activity. The light weight of the Airlites makes it easy for any student to hit or strike them, making their PE experience that much better.

These shapes are made to slowly float through the air, making them easy to target and strike by groups and individual participants. Exclusive Air Seal stitching minimizes air loss during play. Constructed of flame-retardant, ripstop nylon. Easy to fill and refill with high-volume inflator. Airlites do not have a bladder, which lends to their extra-lightweight design. Because of this, they may need to be periodically re-inflated depending on the activity being performed. Take just seconds to inflate using inexpensive high volume/low pressure pumps or the exhaust from a vacuum cleaner. Pass a shape around a room for an entire group's hands to work and keep afloat. Sizes and shapes vary. Some sample activities are described below.

### Activity #1 - Keep It Up

This activity is designed with a cooperative goal to get students used to working together with the AirLites. Have students spread out in a designated area of the gymnasium. On the "Go" signal or when



music begins, have students using their hands only try to manipulate the AirLite so it stays in the air as long as possible. Time the group to see how long they can keep it up. Once the Airlite touches the ground, set a goal to try and beat current time and discuss strategies on how the group can improve time. Did anyone notice something that was successful during the last round?

Variation- Give students designated area to stand during the activity; students may not leave this area or group will receive penalty

Variation- Only allow students to use 1 hand when manipulating AirLite

Variation- Have students link elbows so that there is only one free hand; have students perform task connected as one person

### Activity #2 - Cooperative Bowling

Set up foam pins on one end of the gymnasium, and at the other end have students in groups of two or three push the AirLite to knock over the pins. Students



must then chase the AirLite and push it back to the starting area. If students are waiting in line, have them perform a designated exercise during that time.

### Activity #3 - Giant Sets Volleyball

Set up a volleyball net with the net low to the ground, or use mats to create a barrier between groups of students. This can also be set up in a 4-way split if desired. Have students work on setting the AirLite into the air and trying to get it over the net to practice volleying. Remind students of proper setting cues throughout activity. Some challenges to give the group... How many times does it take each side to set it over the net? How long can the entire class volley without the Airlite going out of bounds or touching the ground? What are some strategies for success?

### Activity #4 - Hot Ball

Students form a giant circle around the AirLite (at least two arms lengths apart). One student is picked to push the AirLite, and then the student jumps into the circle. The students push the ball around the circle, but they have to push it to someone else quickly, and they have to keep it in the circle. If the ball goes out of the circle, whoever pushed it has to get in the center and push it again. Students count out loud how many times the ball was pushed.

### How Do I Make This Product Developmentally Appropriate For My Students?

- Make sure students are able to use self-control in close proximity to each other
- Make sure zipper is fully closed to prevent air leaks
- Make sure students do not get trapped or lay underneath the AirLite
- Although usable for variety of ages most appropriate for elementary age students

### How Does This Product Relate to Current Educational Thinking?

Manipulating objects is a common theme in main sport-like activities. These practices also promote the use of fine and gross motor skills. By using AirLites in activity, students must use a high level of self-control and focus to be successful. Many students will have a high comfort level with AirLites because they are a light, soft, and non-threatening piece of equipment.

In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.

- Use to reinforce volleyball skill of setting into the air
- Promotes teamwork

- Reinforces importance of safety
- Reinforces importance of self-control

### Safety Issues & Concerns

- Make sure students only strike the AirLite not each other
- Make sure valve is sealed when playing
- Make sure student is never trapped under the AirLite
- Make sure students do not have any sharp or catching objects on person when playing with AirLites
- Make sure students do not get trapped or lay underneath AirLite
- Do not inflate or deflate with students present

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