

# AirLites™

Item #10797, 11208, 11335, 11339, 11343,  
11347, 14171, 14175, 14608, 14612,  
14604, 9491, 9995, 9997



## • Overview.

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. Their large size makes it easy to track and play with. Students will be motivated and excited to participate. Watch them all have greater fun in class with greater success.

These shapes slowly float through the air, making them easy to target and strike by groups and individual participants. Pass a shape around a room for an entire group's hands to work and keep afloat. Exclusive Air Seal stitching minimizes air loss during play. Constructed of flame-retardant, ripstop nylon. They are easy to fill and refill with high-volume inflator. Sizes and shapes vary.

## • What Are the Educational Applications?

- Bring a new level of success to all your students. Participants can move their AirLites across the activity room without them ever even touching the floor. They'll literally float their way through your activities room! 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.
- 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.
- Many students will have a high comfort level with AirLites because they are a light, soft, and non-threatening piece of equipment. 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.
- Use to reinforce volleyball skill of setting into the air.
- Reinforces importance of safety and self-control.



## • How Can I Use This Product With My Students?

- **Where:** Indoors; outdoors if it is not windy.
- **Age:** Although usable for variety of ages, most appropriate for elementary age students.
- **Group Size:** 1-10
- **Basic Skills Needed:**
  - Upper body strength appropriate for the activities.
  - Make sure students are able to use self-control in close proximity to each other.

## • Set Up/Instructions

- Takes just seconds to inflate using inexpensive high volume/low pressure pumps or the exhaust from a vacuum cleaner.
- 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.

## The Games/Activities

### • **Activity #1: Keep it Up**

- a. Objective: To keep the AirLite in the air as long as possible in a designated area.
- b. Set Up: Have students spread out in a designated area of the gymnasium.
- c. How to Play: 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, as well as noting successful techniques used during the last round.
- d. Extensions:
  - Give students a designated area to stand in during the activity; students may not leave this area or group will receive penalty.
  - Only allow students to use one hand when manipulating AirLite.
  - Have students link elbows so that there is only one free hand; have students perform task connected as one person.

### • **Activity #2: Cooperative Bowling**

- a. Objective: A new twist on bowling.
- b. Set Up: Set up foam pins on one end of the gymnasium.
- c. How to Play: At the other end of the gym, 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**

- a. Objective: A new twist on volleyball.
- b. Set Up: 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.
- c. How to Play: 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: AirLite Moon Ball**

- a. Objective: To keep two or three AirLites in the air as long as possible.
- b. How to Play: On the signal, students will lift the AirLites into the air and try to keep the two or three of them in the air for the longest possible time.
- c. Extensions:
  - You can only strike an AirLite once before you must move to another AirLite.
  - Partners must work together striking at the same time before moving to a different AirLite.
  - You must move to a different AirLite on each strike by skipping or galloping to the AirLite.

### • **Activity #5: Hot Ball**

- a. Objective: Students aim to keep the AirLite within designated boundaries.
- b. How to Play: 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.



**• Safety Issues & Concerns**

- Make sure students only strike the AirLite, not each other.
- Make sure valve is sealed when playing to prevent air leaks.
- Students should not have any sharp or catching objects on person when playing with AirLites.
- Make sure students do not get trapped or lie underneath AirLite.
- Do not inflate or deflate with students present.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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