

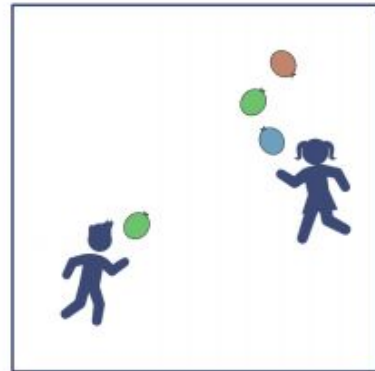
## KEEP IT UP

**Get Ready:** 1–3 Balloons Per Player – Blow Them Up

**Get Set:** Clear a 10' indoor or outdoor space. Start with 1, 2 or 3 balloons.

**GO!**

- This is Keep It Up. The object is to strike the ball(s) up using your hands as many times as you can in 1 minute.
- Don't let it (them) hit the floor.
- On the start signal, strike the balloon(s) upward with your hands and count how many hits you can score in 1-minute.
- If using multiple balloons, alternate striking each balloon. Don't strike the same balloon twice.
- If the balloon hits the floor, pick it back up and continue.
- On the stop signal, record your score on the official Field Day Score Card.



**OPEN**

