

ACTIVITY GUIDE

Float'R shapes

Introduction

Float'R and Jr. Float'R shapes are designed to encourage tactile stimulation, hand-eye coordination, visual stimulation and fun! Float'Rs can be used as a solo activity or in a large group activity. After inflating, you can start with simple toss and catch control moves and then onto specific game concepts such as reaching a height, hitting a target, keeping one or more afloat at a time, volleying over a net or even juggling!

Excellent for use in a large activity room, gymnasium, or even outside on the field or playground on calm days. Float'Rs are very light, so you could attach a string or bungee cord to the zipper as a "leash" in the breeze!

Playing it safe!

Begin any activity with a simple warm up and modified game-type activity. Limit the amount of movement as players will focus on the flying Float'R and not on where they are going (this suggestion is an attempt to help avoid any collisions). Be aware of any sharp objects, even on the ceiling and any hanging lights so as not to cut the cloth.

Children should be advised against "hyperextending" fingers when pushing the shapes into the air. They should "give" with the weight of the shape, then push it back up in the air. They should not try to "set" or thrust it upwards with their fingers like they would with a volleyball.

Inflation instructions

Float'Rs are most easily inflated using high capacity electric inflators. All Float'Rs inflate in a few minutes using these models. A manual Bi-Directional pump may also be used, but it will increase inflation time to 15-20 minutes. You may also use a "leaf blower" type product. This will reduce inflation time to under 1 minute.

Inflate the Float'R shapes by inserting the hose or nozzle of the inflator into the shape, through the zipper closure. Because there is no bladder inside the shapes, some of the air will leak out during the first few minutes of play (approximately 20% of volume in the first 15 minutes). The Float'R will retain shape for up to 30 minutes. Reinflating after play begins will take approximately 2-3 minutes.

Objectives

Using the giant, feather-light air-filled Float'Rs, it is easy to get players all "pumped-up" as they have to focus on tracking a flying object that is moving in almost slow-motion. There are simple to complex communication skills that can become part of the activity.

This is a perfect forum to address:

- Throwing and catching
- Reaction time
- Hand-eye and foot-eye coordination
- Tempos, level changes
- Cooperation
- Self expression
- Spatial awareness/personal space

Games and activities

Tossing Solo

The simplest vertical throw and the slow motion descent to catch is a blast! Try to see how many consecutive throws you can get. You can add tricks before the Float'R comes down:

- A full spin with your body
- Lie down and quickly stand up to catch
- Lie down and push the shape back up with your feet
- Watch the tossed shape, bend over and hit it back up with your back or behind
- As in soccer: do a header. Push shape back up using just your head.

Balancing Act

The inflated shape can be balanced on one hand. See how long you can balance it without moving your feet too much. Even try it on just your head and, of course, the other hand.

Two-Person Catch

Throw, push or roll the Float'R to another person. You can even put spin on the shape as you throw. (Let your partner know it's coming before you toss it!) Even try all the variations of rebounding it back using the solo options above. Bounce it back. The distances can be varied as your skill level and awareness of this new prop develops.

Circle Tossing

Players are in groups of 3 to 6 forming a small circle. The group cooperatively tries to keep the Float'R in the air between members.

Try to involve all members of the group in the action by calling out their name as you direct it towards them. With a bigger group you can even add another Float'R to the passing game. Play all collisions of the Float'Rs as you try to keep them from touching the floor.

Slow-motion Volley Float'R

The game can be played similar to volleyball with everybody being able to join in because it is very slow. Play over a low net on either a badminton or volleyball sized court. Rules can be: You must be serving to score points, you may rebound the shape 3 times before returning it over the net. Try using all parts of your body for a return!

Juggling Activity

Yes they can be juggled. Try standing with 2 shapes on the floor right in front of you. Grab a shape with one hand at the top and push with the other hand from the bottom to give it the straight, upward flight you want. Quickly do the same to the other shape. Try tossing consecutively in straight lines or "columns" up into the air as you race underneath back and forth to keep them flying.

Similar to the above formation but a passing game. The objects can be tossed from one another in a crossing fashion like an "x" or in a circle, one person tossing very high and above the other toss low and across the bottom. Same as above, just one more shape and less space and time! The "x" and circle formation passing patterns are both possible with an abundance of practice.