

How to Inflate a Ball



Theme: Sports

Curriculum Area: Physical Development

Activity:

No one likes playing with balls that don't bounce. In this activity, students will learn how to use an air pump to properly inflate a ball all on their own. It's easy!

Age of Children: 11 and older (6th grade and up)

Materials Needed:

- Any inflatable ball that needs air (*ex. Volleyball, basketball, soccer ball, football*)
- Ball pump with PSI gauge (*you can buy one online or at a sporting goods store*)
- Needle for the ball pump

Developmental Objectives/Domains:

- 1) Understand how to handle sports equipment with care.
- 2) Enhance cognitive development by learning a useful real-world application skill that will aid them throughout their life.
- 3) Practice reading comprehension skills through reading and following instructions.
- 4) Learn a new unit of measure (PSI).

Procedure:

- 1) Gather all materials.
- 2) Grab your ball pump needle and attach it to the ball pump.
- 3) (*Recommended but optional*) Wash your hands with soap and water.
- 4) Put saliva (ew! I know) on the palm-side of your index finger and thumb by spitting gently.
- 5) Rub the saliva onto the needle.
- 6) Insert the needle into your ball's air hole.
- 7) Check how much PSI your ball needs. The required PSI is usually shown on the ball.
- 8) Begin pumping your ball while keeping an eye on your ball pump's PSI gauge.
- 9) Keep pumping until you reach the recommended PSI range. Remember not to over-inflate or under-inflate the ball. If your PSI gauge isn't moving at all, use your hands to gently push the ball to make sure it is almost rock solid.
- 10) Enjoy your newly-pumped ball!

