



Participants learn about and practise sending a ball over a net and into open space. Participants also learn about and practise receiving a ball over a net before it lands on the ground.

Facility

- Gymnasium

Materials and Equipment

- 1 ball per group (e.g., beach ball, soft-skinned ball, soccer ball)
- 1 badminton net or 6–8 pylons per group

Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Set boundaries for the activity a safe distance from walls and obstacles. Provide a safe distance between activities.

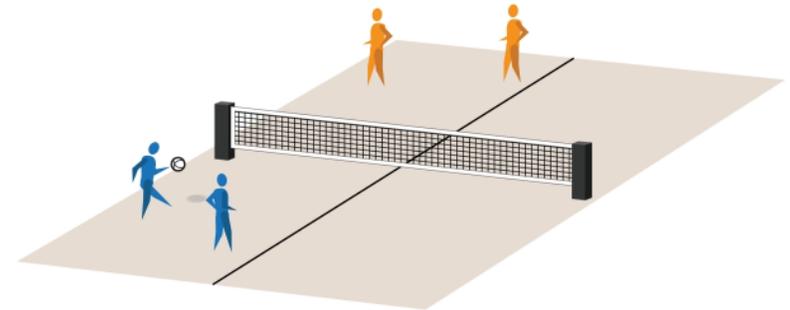
Activity Information

Activity Set-up

- Divide participants into small groups (e.g., four to six).
- Each group uses half of a badminton court with a net or a line of pylons as their activity area. Participants split equally onto both sides of the activity area.
- Each group selects a ball (e.g., beach ball, soft-skinned ball, soccer ball).

Activity Instructions

- A participant puts the ball into play by kicking it over the net. The opposing group of participants try to catch the ball before it bounces.
- Participants can choose to pass the ball on their own side before kicking the ball over the net.
- Participants work together to try to score a point by having the ball bounce within the boundaries of the other side of the court before it is caught. The opposing group of participants receive a point if they can catch the ball before it bounces, or if the other group sends the ball outside the boundaries of the court.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: Where are you aiming the ball so it is challenging for the opposing group to catch? How might depth or angles be used for it to be challenging to return the ball? Why was it important to communicate with your group member (s) during this activity?





Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Change the type of net (e.g., skipping rope tied to two chairs).
- Increase the number of participants playing on each side of the net.
- Catch the ball after one bounce when receiving.
- Throw the item over the net rather than kicking it.

To increase the challenge, participants could:

- Increase the height of the net.
- Pass the object a set number of times on their own side before sending the object over the net when receiving the ball.
- Start with their backs turned toward the net when receiving the ball and then turn around, on a signal, once the ball has been sent over the net.
- Hang a blanket over the net to create a curtain so that the all participants cannot see the other side of the net.

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to send a ball into an open space. Note that this is not an exhaustive list, and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Manipulation skills and effort awareness: Applying a controlled force to send an object over a net and into open space

Movement Strategies

- Applying appropriate strategies to be proficient at sending an object over a net and into open space (Examples might include accurately applying trajectory, using different levels of force for the kick, and kicking at different angles to elude the opposition)
- Applying appropriate strategies and tactics to be proficient at catching an object before one bounce (Examples might include covering open space and anticipating where the opponents will kick the ball)

Living Skills

Personal Skills

- Transferring skills/concepts/strategies to adapt to the challenge of the game (For example, applying problem-solving techniques to different scenarios as the game continues, such as a low or high kick)

Interpersonal Skills

- Communicating with partner(s) to work and play collaboratively
- Showing respect for the opponent and demonstrating fair play

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

