



Participants learn about and practise working together with another group to sustain a rally by sending and receiving a ball over a net.

Facility

- Gymnasium

Materials and Equipment

- 1 volleyball for each group of two pairs
- Volleyball or badminton poles (with padding)
- Volleyball or badminton net
- 4 pylons

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.

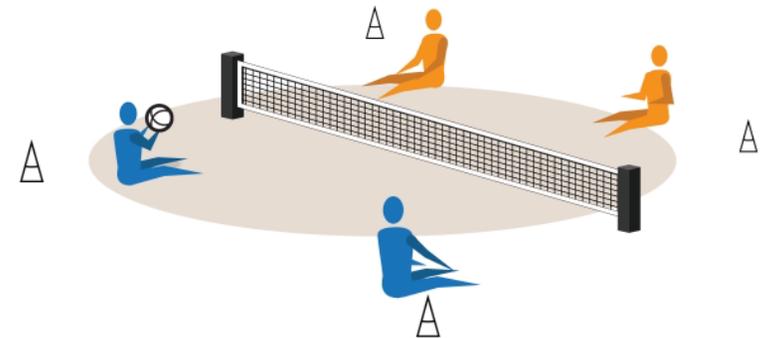
Activity Information

Activity Set-up

- Participants divide into pairs.
- Participants split a badminton or volleyball court into two or three mini-courts.
- Participants set up with one partner on each side of the net.

Activity Instructions

- Participants play two versus two sitting volleyball.
- Participants start with catching and tossing the ball to simulate the flow of the game and to get them used to moving while sitting. Participants then progress to overhead and forearm passing with the goal of maintaining rallies.
- Participants count how many consecutive times they can hit the ball over the net.
- Each time a rally ends, participants set a new goal of trying to match or beat their previous attempt.
- The leader asks open-ended question to help participants refine their movement strategies and tactical solutions during the activity. Examples: Describe what a successful rally looks like between two groups. How do you send the ball to the other group so that they return it successfully to your court? What successful strategy did you and your partner apply to play this game?





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:

- Lower the net (e.g., use a skipping rope tied to two chairs).
- Play while kneeling and then progress to sitting.
- Allow one or two bounces before receiving the ball.
- Choose the object they want to send (e.g., balloon, beach ball).

To increase the challenge, participants could:

- Progressively increase the height of the net after each participant has successfully sent the ball over the net.
- Introduce an implement to send the ball over the net (e.g., tennis racquet, table tennis paddle).
- Hit the ball back and forth on their own side a certain number of times before sending it over the net.
- Play the game against a wall, instead of over a net.

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants learn how to work together to sustain a rally by sending and receiving a ball over a net. 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 while sitting and sending an object over a net (e.g., placing hands above the forehead, making a triangle shape with the thumbs and index fingers, and bending the arms with the elbows at a 45° angle and pointed out to the sides; maintaining eye contact with the ball; following through at the moment of impact to send the ball upwards with the finger tips)
- Body awareness: Relationship of how the body moves when the participant is sitting (e.g., moving body under the ball; at the moment of impact, hands being above the forehead; sending the ball upwards with finger tips)

Movement Strategies

- Applying appropriate movement skills to be proficient at sending an object to a participant on the other side of the net while sitting down (e.g., adjusting force to increase height of the ball, allowing groups members more time to get into position)

- Making decisions on how to send and receive the ball successfully to continue the rally with the group while sitting (e.g., anticipating where the ball will go and assuming a position of readiness to send and/or receive the ball)

Living Skills

Interpersonal Skills

- Communicating with other participants in the group to successfully create a rally (e.g., communicating with groups members about where you are so that they can adapt their positions to where you are positioned on the court)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

