

SITTING VOLLEYBALL

Commonwealth Games Legacy; learning & discovery week

ACTIVITY CARDS



Inclusion & Differentiation

Remember you can adapt the Space, Task & Equipment to suit the individual needs of the children and young people in order for them to attempt the activity.

For an appropriate level of challenge for the age and ability of the players you can...

Space change the size of the space, distance to targets or the areas in which to score points in.

Task change the demands, rules of the activity, number of times the task is repeated, teaching cues, direction/level/pathway of movement or length of time to complete the task.

Equipment change the amount, size, shape, height and weight of the equipment.

People change how the activity is participated in by working in pairs, small groups, large groups. Consider how competition can change the meaning of the activity.



Further Support

For further info, queries and questions please contact your School Sport Manager.

Young Leaders Roles & Responsibilities

Lead by confidence, example and integrity

Encourage and give positive feedback throughout the activity

Adapt activities to make them easier or harder

Demonstrate the task clearly

Explain the task clearly and concisely

Record, track and celebrate Personal Best

Set up and manage safe activities, ensuring the safety of student at all times



Safety

- ★ Wear suitable shoes that are fastened securely.
- ★ Set up activities in a clear space away from obstacles.
- ★ Ensure adequate space between activity stations.
- ★ Use equipment that is age and ability appropriate.





Rules

- ★ The player sits facing the floor line, holding the ball in 1 hand.
- ★ Using an underarm striking action, the player attempts to hit the ball over the floor line.
- ★ Each player has 5 attempts.



Rules

- ★ The player sits facing the net/ barrier, holding the ball in 1 hand.
- ★ Using an underarm striking action, the player attempts to hit the ball over the net/ barrier.
- ★ Each player has 5 attempts.



Rules

- ★ The player sits facing the net/ barrier.
- ★ The player uses 1 hand to throw the ball into the air, as it falls, using an overarm/head striking action, they strike the ball, hitting it over the net/ barrier aiming for it to land in one of the targets.
- ★ The player must not punch the ball.
- ★ Each player has 5 attempts.

Equipment

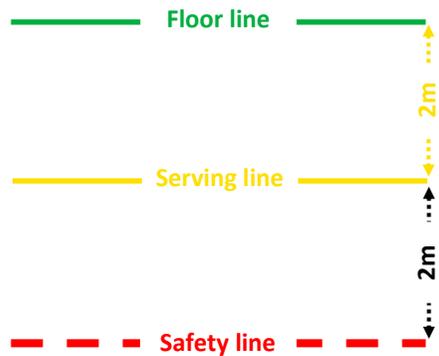
- ★ Beach Balls
Alternative: Light plastic balls, volleyballs, sponge balls, Balzac ball
- ★ Markers/cones
- ★ Net/Barrier (50cm and 100cm high)
- ★ Targets—hoops, mats, thrown down lines
- ★ Tape measure



School Games Values

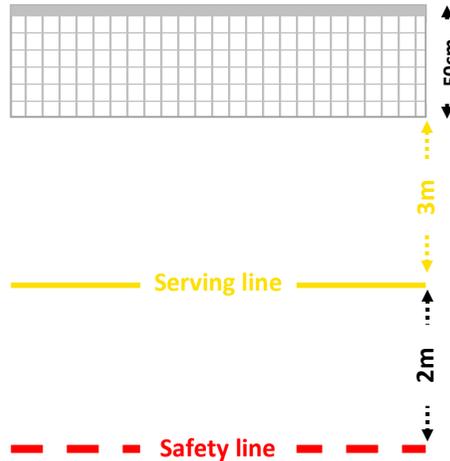
Whilst attempting this activity which School Games Values can you demonstrate?





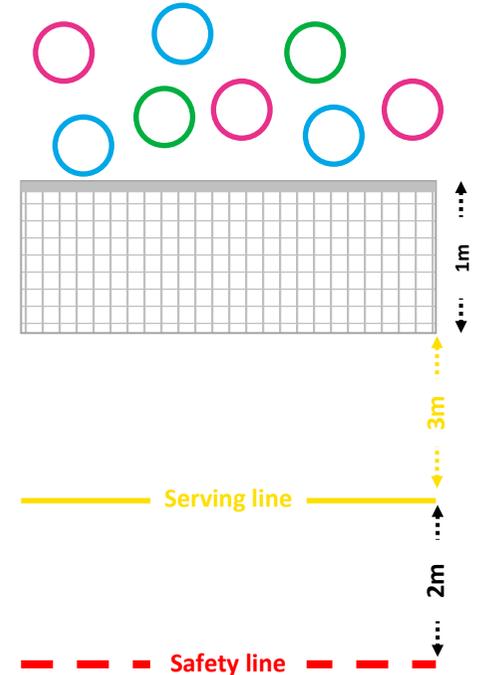
Advance challenge

- ★ Increase the distance from the serving line to the floor line.



Advance challenge

- ★ Player throws the ball into the air and strikes the ball with 1 hand, attempting to hit the ball over the net – the player must not punch the ball.



Advance challenge

- ★ Increase the distance from the serving line to the net.
- ★ Use different size targets.

Activity 2: Keepy Uppy



Rules

- ★ The player sits on the floor line, holding the ball in 2 hands.
- ★ The player throws the ball into the air and catches it again with 2 hands – player throws the ball in front of them.
- ★ The player keeps throwing and catching the ball until the ball is dropped. This is 1 attempt.
- ★ Each player has 5 attempts.



Rules

- ★ The player sits on the floor line, holding the ball in 2 hands.
- ★ The player must throw the ball above their head and again catch the ball above their head using 2 hands.
- ★ The player keeps throwing and catching the ball until the ball is dropped. This is 1 attempt.
- ★ Each player has 5 attempts.

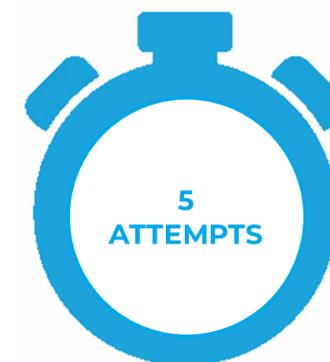


Rules

- ★ The player sits on the floor, holding a ball and ready to volley the ball—the players hands must be held above their head with their palms facing up, fingers in a diamond shape and elbows slightly flexed. As they push the ball into the air with their fingertips, their arms extend at the elbow joint, fingers follow through—fingers pointing at the sky.
- ★ As the ball falls, players hands remain above their head, palms up and fingertips ready. As the ball contacts their fingertips they push it back into the air – the ball should 'rebound'.
- ★ The player keeps volleying the ball until the ball is dropped. This is 1 attempt.
- ★ Each player has 5 attempts.

Equipment

- ★ Beach Balls
Alternative: Light plastic balls, volleyballs, sponge balls, balzac ball

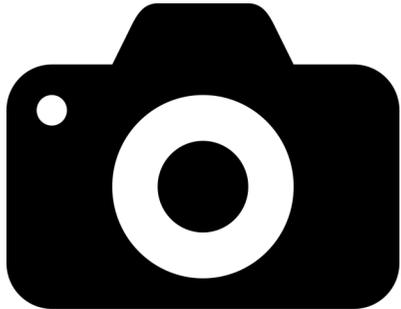


School Games Values

Whilst attempting this activity which School Games Values can you demonstrate?



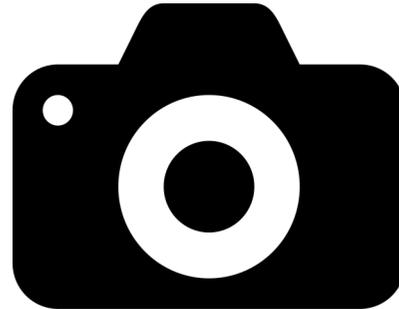
Activity 2: Keepy Uppy



No image required for this activity

Advance challenge

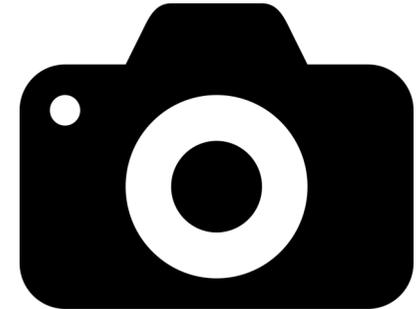
- ★ After the ball has been thrown clap your hands once before catching the ball again.
- ★ Increase the number of claps in between throwing and catching the ball again.



No image required for this activity

Advance challenge

- ★ After the ball has been thrown clap your hands once before catching the ball again.
- ★ Increase the number of claps in between throwing and catching the ball again.



No image required for this activity

Advance challenge

- ★ In pairs and sitting on the floor, volley the ball to each other and sustain a rally.
- ★ In small groups and sitting on the floor, volley between players and sustain a rally.
- ★ In pairs or small groups volley and return the ball over a net/barrier.

Activity 3: Hit the Target



Rules

Serve

- ★ The player sits facing the target, holding the ball in 1 hand. Using an underarm striking action, the player hits the ball over the floor line to land it on the target.

Volley

- ★ Using an overhead throwing action, the player throws the ball over the floor line to land it on the target.

Dig

- ★ Holding the ball in 2 hands and using an underarm throwing action, the player throws the ball over the floor line to land it on the target.
- ★ Each player has 5 attempts.



Rules

Serve

- ★ The player sits facing the target, holding the ball in 1 hand. Using an underarm striking action, the player hits the ball over the net/barrier to land it on the target.

Volley

- ★ Using an overhead throwing action, the player throws the ball over the net to land it on the target.

Dig

- ★ Using 2 hands the player throws the ball up in front of them. As the player releases the ball, they interlock their hands with the tops of the thumbs facing up. As the ball falls the player strikes the ball with their interlinked hands lifting it up and over the net to land it on the target.
- ★ Each player has 5 attempts.



Rules

Serve

- ★ The players sits facing the target. Using 1 hand the player throws the ball into the air, as it falls, using an overarm action, they strike the ball, hitting it over the net to land on the target.

Volley

- ★ The player positions their hands to form a diamond shape above their head. Using their fingers they push the ball into the air, as the ball returns they rebound the ball off their fingers again. The ball must be pushed into the air twice before it is volleyed

Dig

- ★ Using 2 hands the player throws the ball up in front of them. As the player releases the ball, they interlock their hands (tops of the thumbs facing up). As the ball falls the player strikes the ball lifting it up and over the net

Equipment

- ★ Beach Balls
Alternative: Light plastic balls, volleyballs, sponge balls, balzac balls
- ★ Markers/cones
- ★ Net/barrier
- ★ Target—hoops, mat, New Age Kurling mat, skipping ropes
- ★ Tape measure

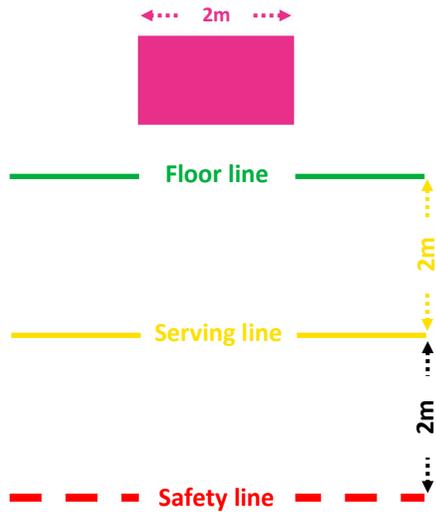


School Games Values

Whilst attempting this activity which School Games Values can you demonstrate?

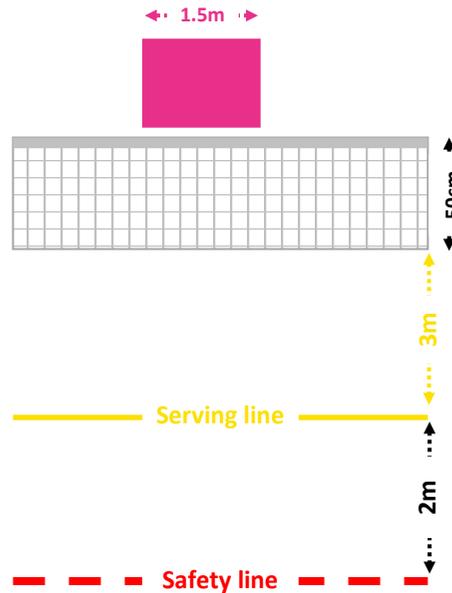


Activity 3: Hit the Target



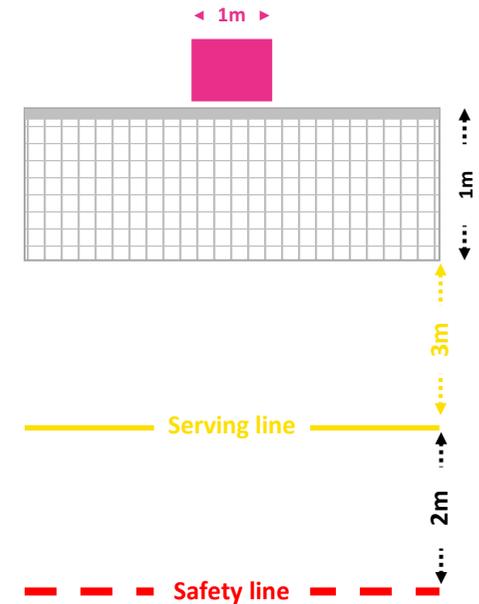
Advance challenge

- ★ Increase the distance to the target.
- ★ Reduce the size of the target.



Advance challenge

- ★ Increase the distance to the target.
- ★ Reduce the size of the target.



Advance challenge

- ★ Increase the distance to the target.
- ★ Reduce the size of the target.
- ★ Strategically place a number of targets the other side of the net.