

**Surrey School District
Physical Education Department
Net and Wall Games**

Objective: Send a moving object into space so an opponent is unable to make a return or forced to make an error; serving only time object is held

During this unit of instruction, develop these **Fundamental Movement Skills**

<u>Non-Locomotor</u> Bend, curl, hold, lift, lower, pull, push, stand, stretch, reach, swing, twist, turn	<u>Locomotor</u> Walk, run, jump, slide, roll, stop	<u>Manipulative</u> Sending (strike, strike with implement) Receiving (catching)
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And Fitness Components to increase student success.

<u>Health Related</u>	<u>Skill Related</u>	
Cardiovascular Endurance	Agility	Speed
Muscular Endurance	Balance	Reaction
Muscular Flexibility	Coordination	Power
Muscular Strength	(eye-hand, eye-foot)	

Classroom Connections: Life Skills Development

- How did you and your partner work together to be successful?
- Do you feel as though this game challenged you?
- How could you make this game more challenging for yourself?
- Why is challenge important?

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Activity Name: Bounce Ball

Level of Complexity: Easy

Participant Grouping: Partners/Fours

Playing Area: Badminton Court or Outdoors

Equipment: Variety of types/sizes of balls eg. Beach, foam, gator, tennis, etc. 1 per pair

Fundamental Movement Skill: Catching

Preparation Phase:

- ✓ From Ready Position/Athletic Stance
- ✓ Eyes focus on object

Movement Phase:

- ✓ Hold arms out in front of body with bent elbows and thumbs down (giant hamburger position) if the object is coming above your waist
- ✓ Hold arms out in front of body with bent elbows and thumbs up if the object is coming below your waist

Follow-Through Phase:

- ✓ Absorb the force of the object by bringing your hands closer to your chest

Tactical Focus & Skills: Sending object to open space

How To Play:

- ✓ Define a space and line that is age appropriate
- ✓ In pairs, have students start facing each other on opposite sides of the line
- ✓ Players start by bouncing the ball on their own side, so that their partner can catch the ball in the air after it has crossed the line
- ✓ From where they caught it, immediately bounces the ball back
- ✓ Keep track of consecutive catches

Variations:

- ✓ Rally Bounce Ball--Try to bounce so the ball lands on opponent's court
- ✓ Doubles Bounce Ball--Add a 2nd player
- ✓ Bench Bounce Ball—Use a bench instead of a line to define the spaces
- ✓ Target Bounce Ball—Bounce ball towards a specific target in the partner's court
- ✓ Hand Bounce Ball—Use hand to strike the ball
- ✓ Cross Court Bounce Ball—Can only send the ball diagonally cross court

Adaptations:

- ✓ Increase number of bounces
- ✓ Use balls with different sizes and bounce levels
- ✓ Only use one-hand to throw and catch
- ✓ Modify the type of throw eg. Underhand, overhand, bounce, baseball

Tactical Awareness:

- ✓ What are effective ways to maintain a rally in this game?
- ✓ What decisions did you have to make with the object?
- ✓ What decisions did you have to make without the object?
- ✓ What clues could you use to anticipate where the object was going to land?

**Surrey School District
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Activity Name: Drop It!

Level of Complexity: Moderate

Participant Grouping: Pairs/Fours

Playing Area: Badminton Court or Outdoors

Equipment: 4 Pylons, 1 ball per game

Fundamental Movement Skill: Underhand Throw

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Sending to open space

How To Play:

- ✓ Set up a small rectangular court by marking off with cones
- ✓ All throws must be underhand and be thrown immediately from where the ball was caught
- ✓ To score a point, the ball must bounce inside opponent's court and not be returned
- ✓ Play rally point—winner of the rally scores the point
- ✓ Winner of rally always serves

Variations:

- ✓ Doubles Drop It--Add a 2nd player
- ✓ Bench Drop It—Use a bench instead of a line to define the spaces
- ✓ Hand Drop It—Use hand to strike the ball
- ✓ Weak-Hand Drop It—Use non-dominant hand only

Adaptations:

- ✓ Allow ball to bounce
- ✓ Allow more time with the ball once caught
- ✓ Use balls with different sizes
- ✓ Only use one-hand to throw and catch

Tactical Awareness:

- ✓ What are ways you can make the ball more difficult to return?
- ✓ What decisions did you have to make with the object?
- ✓ What decisions did you have to make without the object?
- ✓ What clues could you use to anticipate where the object was going to land?
- ✓ How much time did you have to make decisions?

**Surrey School District
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Activity Name: Wall Ball

Level of Complexity: Easy to Moderate

Participant Grouping: Pairs

Playing Area: Gymnasium, Outdoors

Equipment: Any size bouncing ball (beach, gator, volleyball, foam, tennis, etc.)

Fundamental Movement Skill: Strike

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Sending to open space, reacting to object, anticipation

How To Play:

- ✓ Designate a playing area that includes a wall
- ✓ Partners work together to maintain a rally for as long as possible against a wall
- ✓ Players can start off by underhand tossing and catching the ball and then progressively moving to more complex methods of sending the ball away (eg. Strike with open hand, strike with paddle, throwing)
- ✓ Player A tosses ball against the wall and Player B allows the ball to bounce before catching the ball
- ✓ Player B now repeats

Variations:

- ✓ Competitive Wall Ball: bounce ball off the wall so partner cannot retrieve it
- ✓ Double Bounce Wall Ball: Ball must bounce first off ground, then the wall, then bounce again before being caught
- ✓ Doubles: add a second player so you are playing 2 v 2
- ✓ Reverse Wall Ball: Ball must bounce off the ground first, then wall, before being caught

Adaptations:

- ✓ Use balls with different sizes (bigger/slower easier, smaller/faster harder)

Tactical Awareness:

- ✓ Where should you stand to try to be in position to receive the ball?
- ✓ What are dangerous parts on the court to make it difficult for your partner to return the shot?
- ✓ What clues did you pick up to allow you to anticipate where the ball might go?