

SKILL APPLICATION

Balloon Up Challenge

In 4s with 2 pupils each side of a net. Pupils 1 and 2 are on one side, and Pupils 3 and 4 on the other side.

Pupil 1 starts the rally with an underarm upwards throw over the net to Pupil 3. Pupil 3 taps the balloon back to Pupil 2 who has moved forward in front of Pupil 1. Pupil 2 taps the balloon over to Pupil 4, who taps it back to Pupil 1, and the sequence continues. If the balloon touches the floor, the rally stops and they start a new volley rally with a throw.

Teaching Points:

- Adapt to the balloon
- Fingertips pointing upwards
- Forward step on the opposite shoe
- Contact in front of the shoes with a short push action.

Skill UP

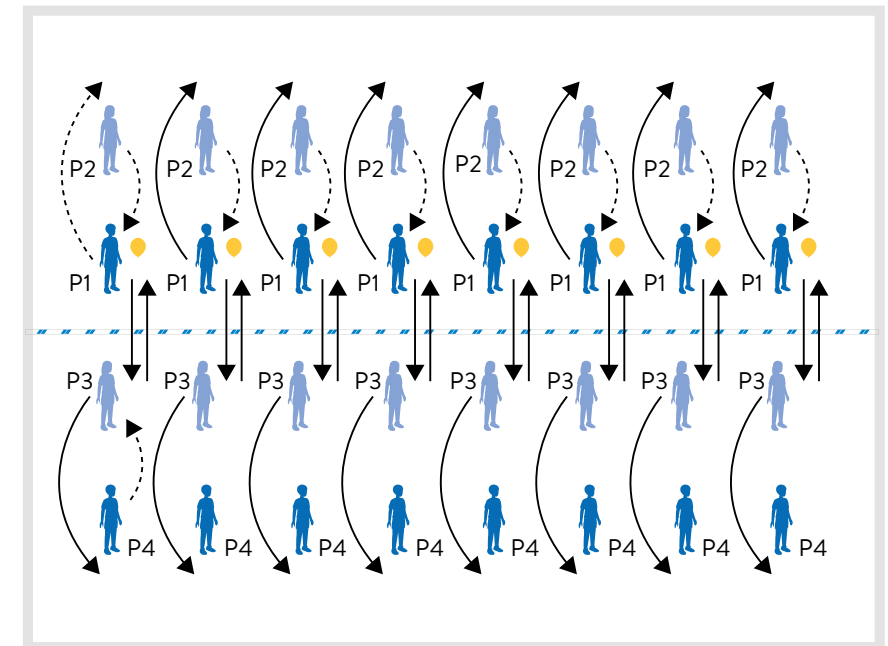
Use a variety of challenges for pupils:

- How many volleys can they hit continuously in a rally? Then try to beat their team score.
- How many volleys can they hit in a minute? Then try to beat their team score.



Challenges to develop the volley action

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Example of whole class activity set up:



Equipment:

-  Balloons
-  Barrier tape (net)

Activity set up:

