

## Theme 2: Para sport

### Unit 2: Let's play the Para sport of sitting volleyball

#### Learning objective 1

To become aware of different Para sports and adaptations.

Activity A has been designed to be used as the main activity for learners aged 6–8, but can also be used as a practice activity for older learners before moving on to their main Activity B.

Please see the Teacher Handbook and film 'Sitting volleyball' (<https://youtu.be/vW1VouTLnME>) for a brief introduction to sitting volleyball.



#### Activity A

#### Let's get started learning these skills:

throwing and catching from seated, and over a net.

#### Equipment:

Beach ball, balloon or other large, very lightweight ball, low net (or string at a height of about 1 metre), targets such as cones or plastic bottles

#### Skills practice

- In pairs
  - ✓ Learners sit opposite each other about a metre apart. They practise throwing the ball to each other and catching it, remaining seated at all times. When successful, learners can move further away and repeat the activity.



- ✓ Throw the ball over a net to a partner, who catches it and returns it. How many times can the ball be caught before it is dropped?
- ✓ Throw the ball over the net so that partner has to move to catch it. Learners should remain seated and use their hands to help them move across the floor.
- Divide learners into groups of four.
  - ✓ Ask them to sit in a square formation and throw and catch the ball to each

player. Repeat the activity with two learners on one side of the net and two the other side. Play simple co-operative games, counting the number of times the ball is caught before it is dropped. Make sure the ball is passed to all four learners.

- ✓ Play two against two, with or without a net. The ball should be passed between the two learners on one side of the net before it is thrown over the net. A point is scored if the ball is dropped by the opposing pair. The winning pair is the first to score eight points.

- Place targets on the floor on the furthest side of the net. Learners take it in turns to try and hit a target by throwing the ball with one hand (serving action) over the net. They should have three attempts each. Score one point for each successful attempt.
- Four or six learners sit close to each other in a circle formation. They work together to try and keep a balloon or lightweight ball in the air by tapping or hitting it upwards (volleying). Learners should try to avoid catching the ball. How long can the balloon or ball be kept in the air (or how many hits)?

Let's give it a go ...



## Activity B

### Let's give it a go: experiencing the Para sport of sitting volleyball

Please see the Teacher Handbook and film 'Sitting volleyball' (<https://youtu.be/vW1VouTLnME>) for a brief introduction to sitting volleyball.

#### Playing area:

Smooth surface with an area roughly 10m x 6m marked with chalk, tape or markers

#### Equipment:

Beach ball, lightweight ball and/or volleyball, and net (alternatively string at a height of about 1 metre)



#### Inclusion tips:

- (T) Does everyone understand?
- (T) Show pictures or demonstrate the actions required.
- (R) Allow the balloon or ball to be caught before it is hit to another player or over the net.
- (R) Allow the ball to bounce before it is passed to another player or hit over the net.
- (E) Reduce the size of the playing area.
- (E) If learners with visual impairments are playing use a ball with bells inside.

## How to play:

- Divide learners so that there is an equal number on both sides of the net. It is usual to have six players per team, however the number can be adjusted depending on class size and the facilities available. Remember the fewer players per team, the more involved each will be.
- All players must be seated and remain seated at all times.
- Begin with a balloon. Each team member must touch the balloon once before they send it over the net to the opponents. Explain to the learners that this adaptation to the sport slows the game down so all abilities have an opportunity to play. This adaptation also allows more equal participation because all players must touch the balloon. If necessary, players can be permitted to catch the balloon before sending it over the net.
- After learners have developed an idea of the sport, switch the balloon for a volleyball (or light weight, equivalent sized ball). Teams aim to send the ball over the net and land it within the opponents' court or playing area. The ball should be touched three times, by three different players, before it is passed over the net. The winning team is the first to score 25 points (this can be reduced).
- The film 'Sitting volleyball' (<https://youtu.be/vW1VouTLnME>) and the pictures on learner worksheet: sitting volleyball will help you and your learners to set up and play the game.

## Extension activities



- Further information and videos can be found on the IPC website: <https://www.paralympic.org/sitting-volleyball>
- Can you set up a class tournament so that each team plays all other teams? Perhaps you can play the games before or after school or during break times?
- Ask learners to record how many passes they can successfully make over the net. See if they can improve this over a number of days as they practise and improve their skills and communication with one another.

## Discussion questions

1. How did you feel playing sitting volleyball? What was most difficult?
1. How would you describe sitting volleyball?
1. If you had a classmate with an impairment, how could you make the game or activity more inclusive? For example, how might you include a classmate who is visually impaired? You could think about the rules or equipment, for example.

## Homework task

- What can you tell your family about sitting volleyball? What can they tell you about the sport? What more can you find out about sitting volleyball?

