

Spar Lancashire School Games

Learn!

Week 6 - Net/Wall Games

Equipment: rolled up socks, household objects to use as markers, balloon, ball or crumpled up paper.

Aim: To develop skills that will help in net/wall games

[Video Demonstration](#)

Tasks 1 - To practice the skills needed for a seated net game.



Practice 1

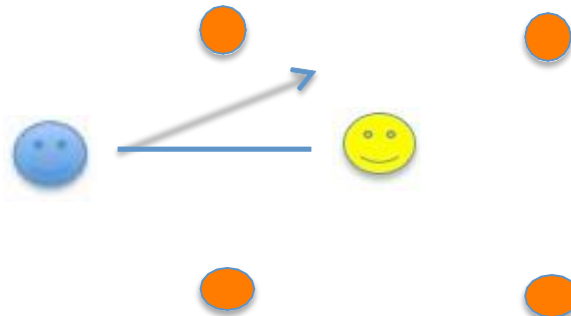
- Sit on the floor with a pair of rolled up socks.
- To start, take your hands and feet off the floor so you are balancing on your bottom.
- Using your right hand place the socks on the floor as far away to your right as you can, without losing your balance. Go back to sitting on your bottom.
- Pick up the socks with your right hand and transfer them to your left hand. Using your left hand place the socks as far away to your left as you can. Go back to sitting on your bottom.
- Use your left hand to pick up the socks and place in your right hand.

(Q) Can you increase the distance you place the socks away and still keep your balance?

(Q) How many times can you place the socks to you right and left in 30 seconds?

Remember - To keep your feet off the floor and keep your balance.

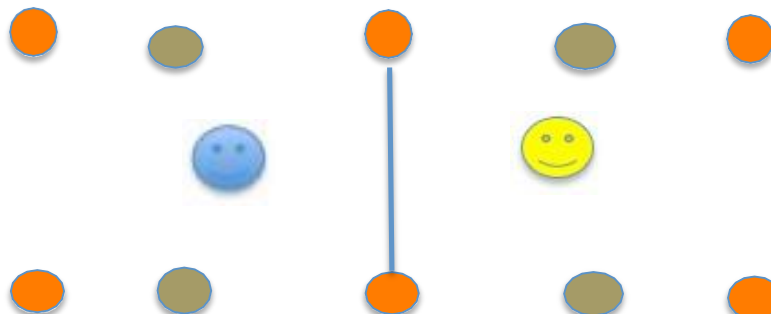
Practice 2



How to Play

- Set up an area using rolled up socks or something similar in a square.
- Sit in the middle of the square and balance on your bottom.
- A parent/carer/sibling will send a balloon, ball, scrunched up paper ball or rolled up socks to one side of the child in the middle of the square.
- The child tries to catch or hit the balloon or object back to the parent object without losing their balance.

Game



How to Play

- Set up two squares and use a towel or rolled up socks to represent the net.
- Set two targets either side of each player just out of reach. (use paper or other object)
- Both players balance start on their bottom with their legs off the ground.
- To start player 1 serves by throwing the ball or striking it with their hand over the line/net towards one of the targets.
- Player 2 tries to catch it or hit the ball back over the net.
- A player scores a point is if the player misses the catch or the object hits the floor. If the ball or object hits the target a player scores 5 points.

Wall Game

The aim of task 1 is to roll the ball against the wall so it goes through the target.

(Q) Can you roll the ball against the wall and get it through the target from different points on the sending line? (i.e. A, B or C)

(Q) Can you send the ball in a different way to get through the target? (i.e. kicking, throwing)

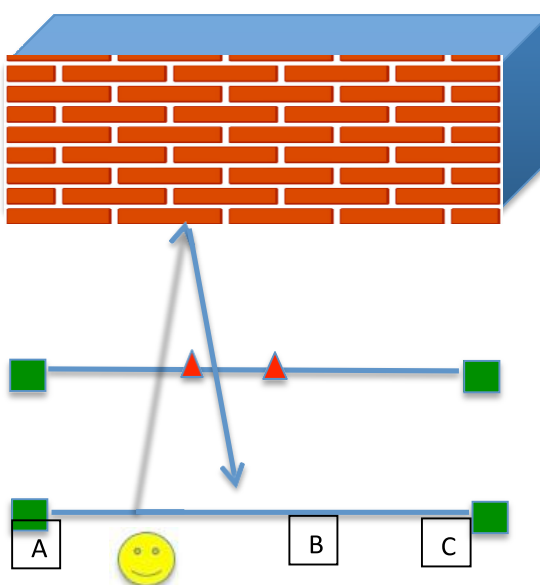
Challenge - Change the target from a goal to have one plastic bottle as the target.

Easier

- Move the goals nearer to the wall.
- Make the goals bigger.

Harder

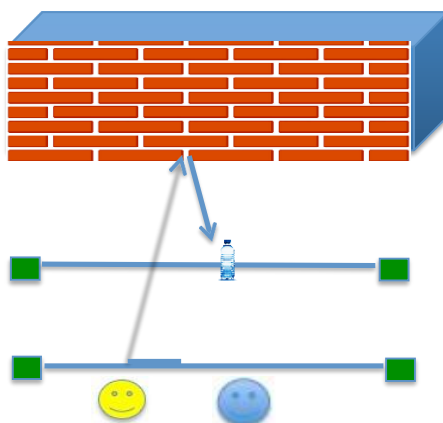
- Move the goals further away from the wall.
- Make the goals smaller.
- Use a plastic bottle as a target.



Task 2 - Competition Target Wall

Game 1: Equipment - ball, wall

& a plastic bottles



Competitive Target Wall - Game 1

The aim of the game is to roll a ball to knock over a plastic bottle by rebounding it off the wall.

To Play

Player 1 moves along the line and sends the ball against the wall where it rebounds to try and knock the plastic bottle over.

Player 1 has three attempts and scores 1 point for each time the plastic bottle is knocked over.

Player 2 has their three attempts.

If a player knocks the bottle down without it rebounding off the wall they lose a point.

If both player miss the plastic bottle on all 3 attempts then it is moved closer to the wall

To make it harder

- Move the plastic bottle further away from the wall.
- Use a smaller ball.

To make it easier

- Move the plastic bottle nearer to the wall
- Use a bigger ball

Challenge - Can you make up your own wall game?

Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 6 - Net/Wall Games

You have been busy practicing Wall/Net games. Are you ready to take part in our challenge?

Volleyball- Bottoms Up!

Challenge yourself, and your friends, to see who can **'Keep the Ball (Balloon) in the air for 60 seconds, whilst sitting down and standing up'**

Equipment needed:

1 of the following; Balloon or Ball

[Video Demonstration](#)

How to play:

With a balloon or a ball, how many times can you sit down and stand up whilst keeping the balloon or ball in the air in 60 seconds? Your bum must touch the floor for one point and you must be fully standing for one point. Remember you can use any part of your body to keep the ball in the air, even your head! Should you lose control of the balloon/ball then start again from a standing position but this will not count as a point, but be quick because the clock will still be running!

KS1 = Balloon

KS2 = Beach Ball (If you've not got one then just a ball)

KS3/4 = Ball

To make it;

- Easier - Add more air to your balloon or beach ball. KS3/4 Use a larger ball.
- Harder - Only use hands rather than any body part



- Inclusive - try it seated and try to touch the floor with either of your hands whilst the ball is in the air. How many times can you touch the floor?