



ACTIVITY SAMPLE:

# RALLY UP



## Activity name

Rally Up

## Activity overview

Structured open gym, field

## Division

Elementary or secondary

## Facilities

Gymnasium or other appropriate activity space

## Equipment

Volleyball nets, volleyball, beach ball or other foam ball

## Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

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## Activity instructions:

- Divide participants into equal teams depending on the number of courts.
- Assign teams to courts.
- Start the game by having each team choose a number between 1 and 10. The team closest to the number begins with the ball.
- At the leader's signal, the team with the ball serves it over the net or centre line without letting it touch the floor.
- The opposing team makes contact with the ball once before sending it back over the net or line. Students can catch and pass the ball back or use a volleyball pass such as a forearm pass or volley.
- The first team then makes contact with the ball twice before sending it over the net or line to the other team. The other team then makes contact with the ball three times before sending it back.
- The rally continues, increasing the number of times each team must make contact with the ball before sending it back to the other team.
- If the ball falls or goes out of bounds then the rally is over.
- The game restarts beginning with one pass.

## Modifications and variations:

- Use badminton nets, which are at a lower height, for younger students. Lower nets may allow more games to be played simultaneously depending on the number of courts in the gym.
- Instead of nets, create a centre line using pylons, activity markers, or non-marking tape.
- Rally Up can be run as a Leader's Court. Designate one court as the Leader's Court. (It can also be named after the school's mascot, e.g., Lion's court.) Teams work together to try to move up to that



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court by being the team who makes the most passes before the ball falls or goes out of bounds on their side. The successful team moves up a court and the other team moves down a court.

## Notes to supervisor:

- To maximize inclusion, add more members to each team, or play the game outside where a larger number of courts can be set up with markers.
- Assign 3 teams to each court. One team stands on the sideline cheering for the other teams. After each point, the winner stays on and the other two teams change places; alternatively, have the teams change places by rotating clockwise after a designated number of rounds.
- For various ways to modify for the age and skill of participants or to maximize inclusion please see [\*Step 3: Develop and Implement Your Action Plan.\*](#)

Ophea. (2018). One a Day for Active Play. Available at: <https://teachingtools.ophea.net/activities/one-day-active-play>