

# Jumping Sticks

*Activity*

**Resource:** PlaySport

**Division(s):** Intermediate Senior

**TGfU Category:** Net/Wall Games

**Locations:** gymnasium, outdoor space (e.g., field, tarmac)

## Game/Sport Connections

Net/Wall games are activities in which players send an object toward a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. By playing these games, participants develop skills and tactics to play other net/wall games or games that require the application of similar skills, concepts, and strategies (e.g., sitting volleyball, tennis, badminton, squash, racquet ball, volleyball, Sepak Takraw, wheelchair tennis).

## Activity Overview

Participants learn about and practise sending an object over a net and into a designated area. Participants learn about and practise defending an area on their side of the net.

# Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies for sending an object over a net and into a designated area. Participants learn about and practise defending an area on their side of the net. Note that this list is not exhaustive and further learning opportunities may arise during the task.

## **Movement Skills and Concepts**

- Locomotion and relationship: knowing where to move to be successful at sending and receiving an object over a net while playing with other participants (e.g., moving toward the back of the court when the object is travelling high, deep, or quickly, moving to an optimal location on the court to receive a pass).
- Manipulation skills and effort awareness: applying a controlled force to send an object over a net (e.g., being able to control the force when sending an object over a net so that it is hard for the opponent to return the object or to help keep the object within the boundaries of the playing area).

## **Movement Strategies**

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send and receive the object over the net to score the maximum number of points).
- Performance: demonstrating appropriate skills, techniques, and tactics to send and receive an object over a net (e.g., creating strategies with the group to make it challenging for opponents to receive the object, such as sending the object into open space, varying its height, speed, and distance as it is sent over the net).

## Considerations

- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.

- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

## Equipment

- 1 ball to send per group (e.g., various sizes and textures of balls, non-latex balloon)
- 1 roll of tape per group
- 1 set of volleyball poles (with proper padding) and a net or alternative per game (e.g., portable volleyball system, cones, pylons, or skipping ropes to mark the lines and boundaries)
- 3 flat sticks per group (e.g., wooden craft sticks, metre sticks, rulers)
- Ramp to send the object (e.g., folded mat, flat cardboard) (optional)

## Safety

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## How to Play

- Divide participants into groups (e.g., 6 – 8), 2 groups per game.
- The game is played on a traditional volleyball court. If playing the game in an activity space other than a gymnasium, groups set up their court like a traditional volleyball court using cones, pylons, or skipping ropes to mark the lines and boundaries.

- Assign 2 groups to each court. Each group selects a side of the court, sets up 3 squares using the tape, and places a flat stick (e.g., wooden craft sticks, metre sticks, rulers) in each square. Groups select the ball they want to send (e.g., various sizes and textures of balls, non-latex balloon). The ball may be changed by agreement at any point during the game.
- One group begins the game by sending (e.g., serving or throwing) the ball into the opposing group's side of the court with the goal of hitting one of the sticks and making it "jump." The opposing group can either volley the ball back over the net or choose to catch the ball before sending it back.
- The receiving team defends their space by trying not to let the ball touch the ground or one of the sticks.
- When the ball touches the ground, the group who sent the ball receives a point. When the ball makes one of the sticks "jump," the sending group receives 2 points.
- The group who receives the point serves the ball. Groups rotate positions (as in a traditional volleyball game) after each point, regardless of who received the point. Group members work together to try to reach 10 points.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

## Video: Visual Depiction of the Activity Instructions

[Video link](#)

## Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- What strategies do you apply with your group to be successful at sending the ball into the other group's open space or to one of the sticks?
- What are some strategies that you apply within your group to defend your space?

- What are some ways that you can work with your group to be successful?
- How do you use verbal and non-verbal communication with your teammates when sending and receiving a pass?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Allow the ball to bounce once before returning it to the other side.
- Increase or decrease the number of participants in each group.
- Increase or decrease the number of squares/targets and sticks.
- Increase or decrease the court size.
- Receive points only if a stick is hit.
- Pass the ball 3 times before sending it to the other group.
- Add more than 1 ball to the game.