

# Switcheroo

*Activity*

**Resource:** PlaySport

**Division(s):** Intermediate Senior

**TGfU Category:** Net/Wall Games

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

## 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 working together to send and receive a ball over a net to sustain a rally.

## Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies for sending an object over a net to sustain a rally. Note that this list is not exhaustive and further learning opportunities may arise during the task.

## **Movement Skills and Concepts**

- Body awareness: location of self when sending/receiving an object, and the relationship of how the body is moving with sending/receiving an object over the net (e.g., anticipating where the ball might land and positioning the body accordingly, keeping knees bent and feet shoulder width apart, while arms are out ready to receive the ball).
- Manipulation skills and effort awareness: applying a controlled force to send an object over the net (e.g., being able to control the force when sending the ball over the net toward participants so others can easily return the ball, to help keep the ball within the boundaries of the playing area); applying skills to be proficient at receiving an object (e.g., assuming a ready position as quickly as possible to be ready to receive the ball again).

## **Movement Strategies**

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send and receive the ball over the net to sustain a rally).
- Performance: demonstrating appropriate skills, techniques, and tactics to send and receive an object over the net (e.g., creating strategies to maintain a rally, such as sending the ball into the open space, varying the height, speed, and distance of the ball 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 set of volleyball poles (with proper padding) and a net or alternative per group (e.g., portable volleyball system, cones, pylons, or skipping ropes to mark the lines and boundaries)

## Safety

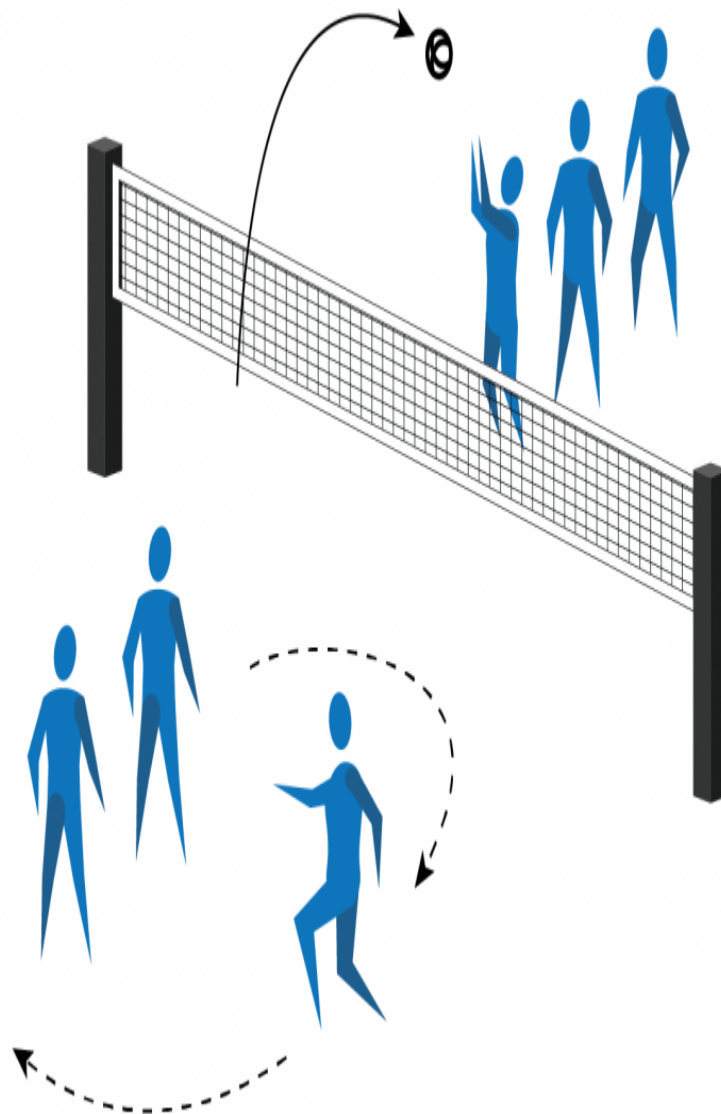
- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules 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 small groups (e.g., 4 – 6). Two groups play 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 in the activity space using cones, pylons, or skipping ropes to mark the lines and boundaries.
- Assign 2 groups to each court. Each group selects a side of their court.
- Participants set up in equal lines on either side of their court. Participants line up behind one another in a straight line at midcourt.
- Participants in both lines work together to send and receive the ball over the net to create a rally.
- The rally begins when the first participant in one of the lines sends the ball over the net using an underhand toss and then moves to the baseline on their own side before rejoining the end of their line.
- The first person in line on the opposite side of the court returns the ball using a forearm pass (bump) or overhead pass (volley), and then also moves to the baseline on their side before rejoining the end of their line.
- Participants work together using a combination of sending skills to sustain a rally and prevent the ball from hitting the ground.

- If the ball hits the ground, a new rally begins.
- 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.

## Image: Visual Depiction of the Activity Instructions



## Pause for Learning

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

- How do you send the ball to make it easy for the participant on the other side of the net to return it back to your side?
- How do you position yourself on the court to be ready to receive the ball successfully?
- How do you use verbal and non-verbal communication as an individual and with 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

- Begin with a lower net and progressively increase the height (e.g., after a set number of successful passes over the net).
- Allow a bounce before receiving the ball.
- Catch the ball before sending it back to the other side of the net.
- Adjust the challenge of the sending sequence (e.g., send the ball once to themselves or to the next player in line, then over the net).
- Spread the participants out on the court and have them send and receive in a seated position.