

Content outline

This activity aims to act as an introduction to Volleyball, particularly aimed at supporting young people who have control / co-ordination impairments

- Co-ordination
- Control
- Confidence
- Creativity



This resource and supporting video have been created by:

Ken Black, Inclusive Physical Activity and Sport advisor

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



Space

- Take into account the headroom available for the activity – if indoors, the young person may need to sit on the floor
- Use a small space to focus on developing control
- Use a large space to encourage a wider range of movements



Task

- How many times can you keep the ball in the air without it touching the ground?
- Try using alternate hands
- Try using both hands to play the ball



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Start with something slow-moving (like a balloon) and gradually increase the density of the ball to increase speed / difficulty
- Create your own ball – what household items could you use?



People

- If you have another person in your house, get them to throw the ball and alter the speed and direction of the throw
- Work with a partner to keep the ball in the air together, or in turn

Learning intention

Physical:

- To develop and refine hand-eye co-ordination skills

Personal:

- Confidence
- Creativity

Learning questions:

- What different parts of your hand can you use?
- What is your best starting position to help you move as quickly as possible?
- If working with a partner, how can you make it easier for them to play the ball?