



Up & In



be fit for life
moving alberta

Equipment

- Large open activity space
- Smaller beach balls
- Bucket (or garbage can) that beach balls would fit in

Activity Description

- Form the participants into pairs, with 1 beach ball per pair.
- The goal is to tap, volley, and/or forearm pass the beach ball back and forth with your partner until you reach the other side of the field.
- Once there, participants must try to get the ball into the bucket.
- If the ball hits the ground at any time, participants must quickly sprint back to the start and try again. For a less competitive option, if the ball hits the ground, participants could do 5 jumping jacks in order to continue.

Setup



Skills Explored

Running, striking, volleying

Tips...

- Aim to your target
- Use gentle touches to pass the ball at a slower speed so your partner can get there in time

Safety

Remind participants to be aware of one another while completing this game

Remember...

By combining some of the important basic physical skills into exciting games, children can learn these fundamentals while having fun

Variations...

- If using a beach ball is too hard, try using balloons; if using a beach ball is too easy, try using volleyballs
- Incorporate lessons of volleyball and forearm passing to begin general development of these skills
- For more volleyball-type activities, check out the "Atomic Volleyball Program" at www.albertavolleyball.com/content/atomic-volleyball

