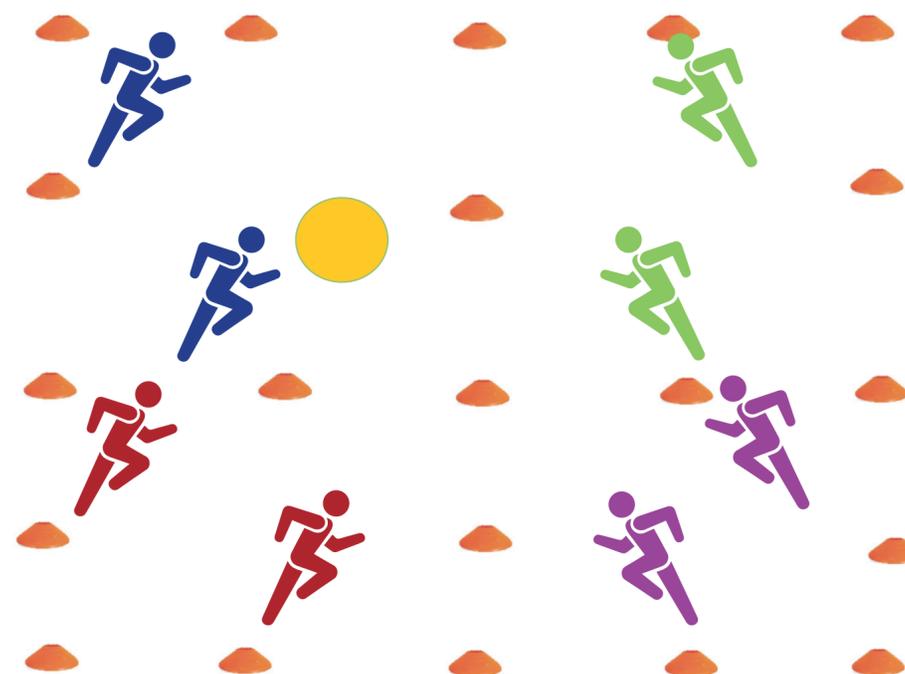


Net/Wall - Mega Ball - Early / First / Second Level

1. Divide your class into four teams and the gym into four playing areas.
2. Each team must stay in their playing area.
3. The teacher will begin the game by throwing the large inflatable ball into the playing area.
4. The ball cannot touch the floor, so players have to work to try to keep it in the air.
5. Begin by having the entire class focusing on keeping the ball in play, not hitting a wall or touching the floor. This is called maintaining a rally.
6. Players must hit the ball upwards, above head height.



Cognitive Skills

- > Problem Solving
- > Decision Making
- > Focus and Concentration

Physical Competencies

- > Balance and Control
- > Coordination & Fluency
- > Gross & Fine Motor Skills

Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance
- > Communication
- > Motivation

Physical Fitness

- > Core Stability & Strength
- > Stamina
- > Speed

Progressions

Early Level - Split Class into 2 groups. Aim to keep the large ball in the air together by hitting it up. Each group counts their score

1st Level - 4 Quadrant game as Above

2nd Level - Apply the rules of Kinball (Rules - <https://www.youtube.com/watch?v=4oRI-PE7Wac>)

Questions

1. How many different ways can you keep the ball in the air?
2. How can we set up an attack as a team?
3. How can we defend space as a team?

Equipment

- > Cones and one large inflatable ball.