

Activity 2:

Sheet Volley

A ball toss game that seeks to develop communication and teamwork skills within a sport session.

Description

Start by making sure the play area is large enough for groups to move freely. The play area should be clean and free of obstructions.

- Then divide the students or athletes into equal groups of 4–12.
- Pair up the teams and call one Team A, the other Team B.
- Give each group a sheet (e.g. bed sheet).
- Ask team members to hold the corners and the edges of the sheet (see diagram).
- Place a ball in the middle of Team A's sheet.
- Explain and demonstrate that:
 - ◇ Team A will work together to bounce the ball off its sheet and onto Team B's sheet.
 - ◇ Team B will work together to catch the ball with its sheet.
 - ◇ Team B will then try to bounce the ball back to Team A's sheet.
- Each team alternates between catching and bouncing the ball.
- The challenge is to see how many points each pair of teams can collect together. Points can be allocated for each catch.
- In this first round do not allow players to speak. In the second round allow players to communicate with each other. Before the third round, allow players to develop a strategy.
- Allow teams 1–2 minutes between rounds for players to develop strategies and improve.

Discussion questions

Reflect

What did you find most challenging about this game? Why? How did communication on your team improve during the game? What indicators can serve as evidence that your team is cooperating well?

Connect

What skills have you used in your personal or professional life to communicate well with

others when working towards achieving a goal? From your past experiences, why is good communication particularly important within teams where more than one culture is represented?

Apply

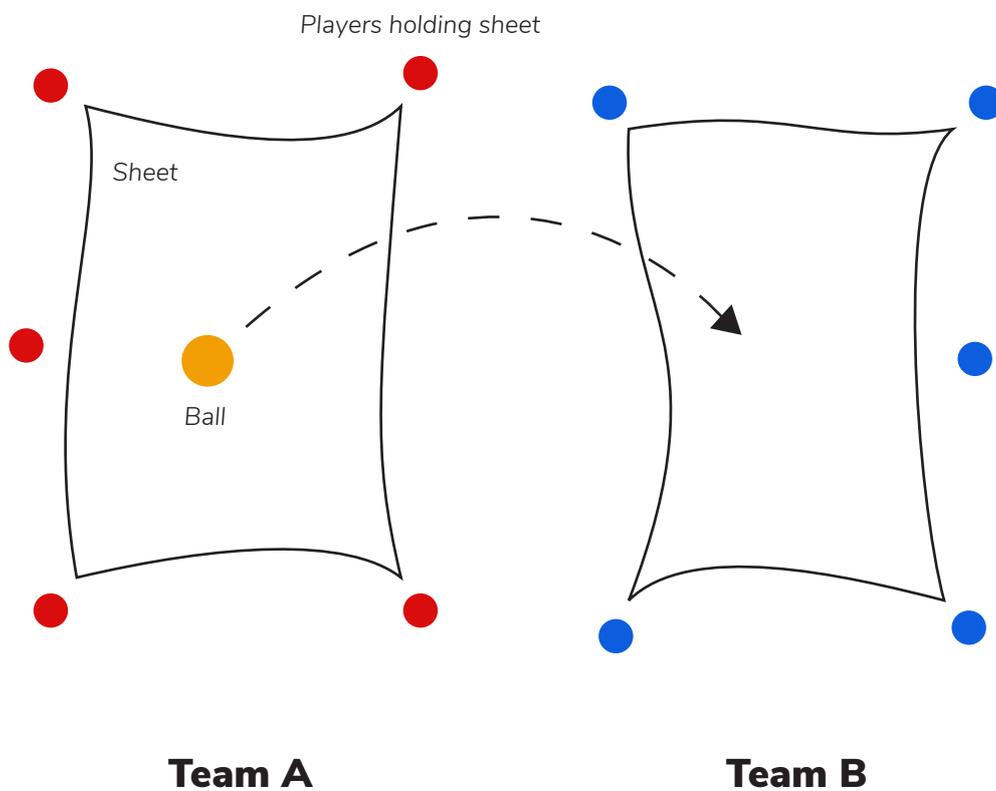
Which competences do people need to interact with those from different backgrounds? Why? What did you learn from your communication with people of different nationalities or cultures?

Facilitation notes

Make sure that teams are working together to catch and bounce the ball and that players are stopping to create strategies to improve.

Possible variations:

- Ask each pair of teams to play with more than one ball.
- Ask Team A and B to stand farther apart from each other.
- Lead the game in a competitive spirit between the four teams.



Number of Teachers or Coaches	1-2
Number of Students or Athletes	6+
Typical Age Group	10+
Time Needed	20 minutes
Space Needed	12mx 10 m
Materials Needed	4 Sheets (or parachutes) 2 Balls
Activity Objective	To develop skills for communicating with people from different backgrounds and with different abilities
Related Units	Unit 3 and Unit 2
Related Learning Competences	Communication, leadership, cooperation, critical thinking and decision making