



# Keep the ball up

A group of players try to keep a ball off the ground by passing it to each other.  
Groups of 3 or more.

## What to do

### Setting up

- > Choose a medium sized ball. A beach ball or similar is suitable for beginners.

### Playing

- > Start with a free-play version – rules can be decided later.
- > Introduce rules as required with *Change it*.
- > Encourage a variety of passes – ‘hot potato’, where the ball is immediately hit away is a useful variation.



## Change it

- > **Play 2 v 2** – decide whether you want the no-go space between players to be out of bounds. Decide whether both players must touch the ball before it is returned. Is a 3rd or 4th touch allowed before return?
- > **Other combinations** – 2 v 3, 2 v 4.
- > **Vary the** – type and size of ball including balloons, type of pass, allowable number of consecutive hits per person. A smaller playing area assists players with coordination or mobility restrictions.

- > Modify the game by allowing any suitable pass to and from a player with less developed skills or restricted movement (e.g. Player 1 passes to Player 2 who catches the ball, makes an appropriate pass to Player 3 who immediately returns the ball to Player 2 and the game continues).

## Scoring

- > Not scoring is an option, alternatively, how many consecutive passes without the ball touching the ground?

## Safety

- > Choose a flat, obstacle-free playing surface
- > Ensure players know what to do if a ball strays into another group.
- > Encourage players to call ‘mine’.



## Ask the players

- > How do you feel before, during and after the activity?
- > What strategies can you use to keep positive when you are finding the game difficult?
- > Did you change the way you kept the ball off the ground? Why?

## LEARNING INTENTION

This activity emphasises a variety of strategies for keeping a ball off the ground, particularly overhead passing.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

SELF-REGULATION (EMOTIONS)

COLLABORATION REASONING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25

ACPMPO29

ACPMPO43

ACPMPO45